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LADIES' PHYSIO MEDICAL COMPANION,

CONTAINING

THE CAUSES AND PREVENTATIVES OF A PREMATURE DECLINE,

WITH A REVIEW OF THE VARIOUS

Changes & Derangements of the Female Constitution ;

COMPOSED OF ORIGINAL AND SELECTED MATTER, DESIGN-
ED AS A GUIDE TO BOTH MARRIED AND UNMARRIED
LADIES, THROUGHOUT THE VARIOUS CHANGES
OF LIFE, WITH IMPORTANT INFORMATION
CONCERNING THE CURE OF DISEASE.

IN THREE PARTS.

By J. Z. Durham, P. M. D.

MARLBOROUGH, O.

* The work of nature is too often spoiled by officious hands "—Edinburgh Practice.

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PREFACE.

IN presenting this little work to the female portion of an enlightened community, a variety of considerations is awakened in the mind of the author.

It is through emotions of benevolence, that he attempts, in so public a manner, to convey, through the medium of its pages, that highly necessary, delicate, and important information, that both married and unmarried ladies so much stand in need. He has been waiting for a length of time, for experienced and abler men to take up this highly important subject.

On taking a serious review of the positions and relations of the female organs—the various functions they are required to perform, it is a fact, not less surprising than it is true, that the female system, placed under so continuous a periodical and natu-

ral graduation of changes, arising and subsiding, year after year, should exist with so much native vivacity, and constitutional ambition. There is certainly something, in this, worthy of our deepest regard as men of science.

The author, in presenting this book, has endeavored to express his ideas in as plain a manner as possible; and, also, to avoid the use of technical terms, so much used in the science of medicine. This has thrown him into a position somewhat difficult. Knowing that the subject is a very delicate one, though of great importance to the female part of community, he has, also, endeavored to express his sentiments in as mild and modest a manner as possible; his entire object being to enlighten the ladies in regard to their own standing and present condition, that they may again be restored to their proper sphere.

With these few remarks, he now leaves the subject to their consideration. Should it meet their attention and approbation, he

will give them his sincere thanks, hoping it may be the cause of much good; but should they consider it on the contrary, he humbly asks their pardon, hoping that the subject will be taken up by themselves and thoroughly investigated: as the most important study of every one should be, to understand their own constitution and condition. No more; but

Remain your and your

Children's well-wisher.

THE AUTHOR.

N. B.—Sold to none but to females or husbands.



PART I.

INTEMPERATE HABITS THE CAUSE OF DISEASE.

CHAPTER I.

AIR.

FEW are aware of the effects of air in producing disease or the promotion of health. It is the principal medium by which animal life is supported; and so necessary is it for this purpose, that life cannot exist a moment without it as will appear by placing an animal in the exhausted receiver of an air pump.

IMPURE AIR.

Impure air is a very common cause of disease. Where it is very impure it proves fatal suddenly; and where it is mixed with that which is pure, the effects of it on the system soon become perceptible. Indeed it would appear that most disorders proceed from unwholesome air, or an atmosphere highly charged with deleterious gases. The Influenza which

often occurs as an epidemic, is caused by it, seizing thousands of persons and spreading over extensive districts. The *Indian Cholera*, so highly pestilential, is communicated by an impure atmosphere. Also the intermittent, remittent, and yellow fevers. Cities, towns, and villages, have been almost depopulated, by reason of unwholesome air received into the circulation through the medium of the lungs.

The deleterious nature of impure air is still more strikingly exemplified where carbonic acid gas, called, "choke damp," or fixed air, has accumulated in large quantities, as in wells, mines, beer vats, and in such places as the Grotto Del Cani, in Italy, where animal life becomes immediately extinct. Dogs are thrown into the latter place and are immediately killed by inhaling the gas with which it abounds; and the great number of lives that are annually lost in wells and mines is familiar to all; from which we learn the great influence which impure air has upon our health.

Persons should never descend any of these places, until they have previously let down a light to ascertain if combustion can be supported. If the light is extinguished, I scarcely need add that no one can subsist in them a moment. By thus letting down a lighted candle into any place that has been long closed, many valuable lives might annually be saved.

I may here also observe, that, in case a

person has been thus suffocated, another person may be let down with a rope fastened to a tub; or a noose may be made of the rope, by which he may be enabled to take hold of and rescue the patient, provided he holds his breath during the time he is in the lower part of the well, that he may not inhale the gas; or a number of ordinary bags, or those made of muslin, may, in a few minutes be made, and placed over the head, and tied to the neck of the person; these (bags) may be kept open by the attendants above a sufficient time to admit the common atmospheric air, which will enable him to respire and continue any length of time where this gas exists.

AIR OF CROWDED ASSEMBLIES.

When we reflect upon the quantities of atmospheric air which a single person renders impure, or unfit for inhalation, we shall readily see the danger arising from the air of crowded assemblies. It is computed that a man, destroys the vital portion of a gallon of air per minute. To test this, let an animal be confined in a jar of common air, perfectly closed; in a short time the inhalation of it absorbs the oxygen, and leaves only the nitrogen and a small proportion of carbonic acid gas, which being incapable of supporting combustion, soon takes the life of the animal. In the same manner the health of people is impaired, by being con-

fined in jails, prisons, or being in crowded assemblies, or sleeping in close rooms, or where there are a number of others. Many have been suffocated in this manner. A most melancholy circumstance occurred in the "black hole" of Calcutta. A vast number of prisoners were crowded so closely together, where there was little or no circulation of air, that the most of them died in a short time. It is owing to this that close stoves prove so injurious. They destroy the vital portion of the air, so indispensable to health and life, while the remaining impure air is inhaled, and the consequence is headache, langour, and other ill effects. Those who are obliged to use small stoves should place a vessel of water upon them, which in a great measure, affords a preventive. Persons should be careful also to promote a free circulation of air in their houses, by frequently opening their windows. I have been in the habit of doing it at night, without receiving the least injury; but on the contrary, I think with much benefit. A noted physician was so impressed with the importance of this subject, that he slept with his windows open during the whole year. In the winter snow was often found upon his bed. He considered pure air of vital importance to health.

"I would propose," says a writer, "that the casements of all public rooms, and, indeed, of private houses, shall be so constructed as that

the upper division shall slide down, and that a certain portion of them, according as the room is more or less crowded, be always kept open. By thus promoting a free and constant circulation of air in every apartment, whether occupied or not, the internal or external air becomes nearly of an equal temperature; the foul air which is generated in close unoccupied chambers, and which adheres to the walls and furniture, will be carried off before it is accumulated, and the usual practice of airing rooms, by opening the windows, and warming them with fires, will be less, if at all, necessary."

"The most neat and delicate person, after having passed the night in his bed-chamber, does not, when he awakes, discover any offensive smell in his room; but if he quits it for a few minutes, and returns to it after having been in the open air, and before fresh air has been admitted, he will quickly discover an essential difference."

In crowded meetings or assemblies, delicate persons often become sick and faint, and in every place where the air becomes injured by repeated breathings, or by fires, candles, &c.

AIR OF CITIES.

The air in cities is injured by being so often breathed and stagnated by narrow streets, numerous and compact houses and apartments, a

dense population, exhalations arising from putrid substances, filth, smoke of factories, dirty streets, &c. The streets of our cities are altogether too narrow, as well as too filthy.

Those who go from the country to cities often become immediately affected by the polluted and contaminated air. Our cities should be built as Babylon and other ancient cities were. The streets were wide; houses a distance apart; numerous gardens, trees, plants, &c. It is a disgrace to our municipal authorities, that no more attention is paid to the cleanliness of our streets and yards; the exhalations arising from which is not only unpleasant, but very unwholesome. Yards, privies, and every house should be thoroughly cleansed and white-washed."

CHANGE OF AIR.

The effect of change of air on the health is almost incredible, especially by removing from the city to the country; the effect seems still greater on infants and children than adults, thousands of whom annually die from the effects of impure air. Many who have been laboring under the most serious and apparently incurable diseases, by removing from the city to the country, or from an inland residence to the sea shore, have rapidly recovered. I might mention striking instances of this fact. It is often equally as salutary to remove from one

climate to another of opposite temperature; it frequently occurs that the whole system undergoes a complete change, without the use of medicine. Persons afflicted with pulmonary and nervous diseases, should be careful to avoid the air of great towns or cities. Those who are unable to leave the city for any length of time, should frequently take excursions in the country or on the water.

TREES AND PLANTS.

Trees and plants are great purifiers of the atmosphere, and are conducive to health. They emit oxygen gas (the vital portion of the air) during the day, while at night they imbibe and decompose it, and retain the carbonic acid gas or fixed air, the deleterious nature of which has been pointed out. By this we see how much they contribute to life and health; let them therefore, be nursed and cultivated, both for health and ornaments.

BURNING CHARCOAL.

The practice of burning charcoal to cook or to heat rooms has become very common, and many have lost their lives by the gas produced by it. The newspapers have lately recorded many cases where jars or vessels of charcoal have been placed in cabins or rooms, and the persons sleeping in them have been killed. An account is given of two persons who lately

lost their lives by burning charcoal in a vessel in this manner. It is not an uncommon, but a very dangerous practice, and not to be repeated.

PURE AIR IN DISEASE.

Pure air is essential to the best possible health of the system, and that in proportion as the air we breathe becomes impure, does it become unhealthy. It is a universal law, and can never be violated with impunity. We see the effect of impure air in ill ventilated meeting houses. It is not uncommon for persons to faint in consequence of inhaling this kind of air; in others it produces different effects. The ball room and crowded party give rise to headache, indigestion, faintings, eruptions of the skin, general debility, &c. Houses, factories, school rooms, hospitals, and every place where many meet, should be well ventilated. Man subsists upon the air more than upon his food and drink; hence the necessity of having it pure.

A sensible writer on this subject thus observes: "If fresh air be necessary for those in health, it is still more so for the sick, who often lose their lives for want of it. The notion that sick people must be kept very hot is so common, that one can hardly enter the chamber where a patient lies without being ready to faint, by reason of the hot suffocating smell. How this must affect the sick any one may

judge. No medicine is so beneficial to the sick as fresh air. It is the most reviving of all cordials, if it be administered with prudence. We are not, however, to throw open doors and windows at random upon the sick. Fresh air is to be let into the chamber gradually, and, if possible, by opening the windows of some other apartments. The air of a sick person's chamber may be greatly freshened and the patient much revived, by sprinkling the floor, bed, &c., frequently with vinegar, juice of lemon, or any other strong vegetable acid.

"In places where numbers of sick are crowded in the same house, or, which is often the case, into the same apartment, the frequent admission of fresh air becomes absolutely necessary. Infirmarys, hospitals, &c., are often rendered so noxious for want of proper ventilation, that the sick run more hazard from them than from disease. This is particularly the case where putrid fevers, dysenteries, and other infectious diseases prevail."

A number of persons have lately lost their lives, by reason of the confined air on board of ships, coming to this country from Europe.

CHAPTER II.

EXERCISE.

We may be very temperate in eating and drinking, and observe the best rules for the prevention of disease; yet, without a strict attention to exercise, we cannot enjoy good health.

In the curse pronounced upon our first parents there is annexed a peculiar blessing; a circumstance so strikingly characteristic of Deity. It was pronounced upon Adam, "In the sweat of thy face shalt thou eat thy bread."

In the very sweat produced by labor or exercise the blessing of health is found, which may be sought for in vain from any other source.

Says an able writer on exercise: "The laborer is apt to murmur that he is necessitated to earn his bread by the sweat of his brow; and, looking round on his superiors, he repines at his condition and station, considering that as hard and afflicting which infinite wisdom has destined to be absolute, if not the only method by which we can be put in possession of the chief of all earthly blessings—a sound body and a quiet mind; for those whom necessity obliges to labor for their daily bread are not

only the most healthy, but, all things considered, generally the most happy of mankind."

"Toil, and be strong. By toil the flaccid nerves
Grow firm, and gain a more compacted tone;
The greener juices are by toil subdued,
Mellowed, and subtilized; the vapid old
Expell'd, and all the rancour of the blood."

ARMSTRONG.

The industrious laborers, who are under the necessity of earning their daily sustenance by personal exertion, commonly enjoy good health. They eat their scanty meal with a good appetite, inasticated by provocatives, which their active and athletic bodies by proper exercise are soon enabled to digest; and at the return of evening they retire to undisturbed repose, where sound and uninterrupted sleep recompenses their toil. Health makes their bed easy, and their wearied limbs recruited by sound repose, fit them for the labor of the ensuing day. As their wants are few, they are nearly a stranger to care and solicitude; and their progeny are partakers with them in the same inheritance. On the other hand, the sluggards are exposed to a variety of temptations; and that indolence and inactivity are the source of much immorality, we may soon be convinced of by casting our eyes around the world. They also lay the foundation of many

painful diseases, and at length the mind, as well as the body, dwindles into a state of torpor. Indolence impedes the organic functions, undermines the fountains of health, gradually, and invariably, leads to disease. Accordingly, we find that those persons who are obliged to labor for their livelihood are generally strangers to the gout and some other disorders which may be considered as the offspring of good living and indolence.

There is no substitute which we can appropriate for the non-observance of this pactice. Nothing so effectually prevents indigestion, and, consequently, strengthens the solids, as exercise ; but unless it be duly and properly persevered in, and our bodies daily habituated to it, we cannot experience all that benefit which accompanies its use. In the formation of our frames, and from the nature of our constitutions it evidently appears to have been the positive intention of Providence to create in us, for our well-being, an absolute necessity for exercise. Our love of motion is surely a strong proof of its utility, and nature implants no disposition in vain. It seems, moreover, to be a law throughout the whole animal creation, that no creature, without exercise, should enjoy health, or be able to find subsistence. Were we to live in a habitual course of exercise and temperance there would be but little occasion for using medicines,

By an attention to exercise, the tone and vigor of the body are very much increased; the nervous energy, and also the circulation of the blood, are materially accelerated; and this increased impetus of the blood through the whole system produces an effectual determination to the surface of the skin, and a free perspiration is the consequence. By the same means the body is disposed to sleep, the appetite is increased, the tone of the stomach and other organs concerned in the process of digestion preserved, and the blood is determined from the interior parts; thereby preventing, as well as removing obstructions, and powerfully obviating any tendency to over-fullness in the system.

Moreover, by exercise the spirits are enlivened, as well as the body refreshed; and it is an undeniable truth that, where it is neglected, the strength and energy of the whole machine gradually fall to decay, and a morbid irritability is induced, with a long train of those unpleasant symptoms, which usually accompany chronic weaknesses. The natural powers of the stomach and intestines sustain particular injury, the appetite is vitiated, and the bile and other fluids employed in the process of digestion, are very imperfectly secreted, or, perhaps, considerably obstructed; the muscular fibres of the body become relaxed and debilitated; the whole animal economy is disordered, and a

train of nervous hypochondriacal symptoms, together with gout, apoplexy, palsy, glandular obstructions, and many other complaints incident to inactive, indolent, and sedentary persons, come on.

Nothing but regular and sufficient exercise in the open air, can brace and strengthen the muscles and nerves, or prevent the endless train of diseases which proceed from a relaxed state of these organs. The active and laborious are seldom subjects of nervous disease : these are the portions of the sons of affluence and ease. Riches, indeed, supply many indulgences, but they are, at the same time, accompanied by many evils ; and thus are the good and bad things of life pretty equally balanced.

Those who wish to enjoy good health should exercise as regularly as they take their food : they should walk a certain distance in the open air every day, or ride on horse-back ; and they will find it to their advantage to employ a portion of the day, besides, in gardening or some agricultural pursuit. The studious are more particularly required to attend to these points ; for, if study be united with a want of exercise, it infallibly proves injurious to health, and never fails to impair the appetite and to destroy digestion ; then costiveness, flatulency, crudities, headache, apoplexy, and palsy are the certain consequences. Exertion of the mind and inaction of the body, when carried to

excess, are destructive of the most robust health. An alternate mixture of daily and sufficient exercise, business, and reading enables us to allow rest alternately to the body and the mind, and keeps the faculties in due equilibrium and in a state of progressive improvement.

To render exercise as beneficial as possible, it will be necessary that it be not too violent, and that moderation, both in eating and drinking, accompany it.

Too active exercise soon after eating a full meal, is likely also to be injurious: a state of moderate exercise, therefore, for some time after dinner in particular, as being the principal meal with most persons, will be advisable; but, nevertheless, we should not indulge in sleep soon after eating. This custom some people practise, but it is an improper one.

Exercise certainly gives strength and energy to the body; but it should not be carried too far or continued too long, as it may then be productive of mischief instead of benefit. It should be gentle and moderate, and, when practicable, be taken in the open air. Another rule necessary to be attended to for rendering exercise advantageous is, that due care be taken that the body, when heated, be not too suddenly exposed to cold, either by subjecting it to currents of air or fresh breezes, or by drinking cold liquors of any kind. In warm climates exercise should always be taken in the cool of

the day, particularly in the morning. We may consider exercise of the body as of three kinds. First, that of simple muscular motion, consisting in walking, or such employments as call forth the exertion of the limbs—as walking, spinning, gardening, botanical excursions, and the like, commencing very moderately, and increasing it as the strength will permit. Secondly, that which is obtained by riding on horse-back or in any kind of carriage. And, thirdly, that which may be given to the body by outward applications, such as frictions, either with the hand, a flesh-brush, or a piece of flannel. Exercises of the first kind are highly beneficial when the bodily powers will admit of them, as the mind being occupied therein, adds very materially to the advantages resulting from them; yet, on account of their being more fatiguing and laborious, there are many instances where they are scarcely admissible, in which case riding must be substituted in theirstead. Of all the different species of exercise not taken on foot, that of riding on horse-back is certainly entitled to the preference, if the person is capable of using it.—In nervous affections of all kinds, but more particularly the hypochondriac, as well as obstructions in any of the internal organs, it is more likely to be beneficial than any other, from the parts being universally shook by it; and such persons ought to pass two or three hours every

day on horse-back, when the weather is not wet.

This kind of exercise is extremely favorable to the proper and equal distribution of the blood through the extreme vessels, and to the prevention of its undue accumulation in the central organs. From the tendency of riding to equalize the circulation, stimulate the skin, and promote the action of the bowels, it is well adapted as an exercise for the consumptive, dyspeptic, and nervous invalid.

Riding on horse-back, says Sydenham, will cure all diseases except confirmed consumption. Dyspeptic and other chronic invalids, says Graham, ought never to hope for health by any means without exercise.

Dancing does more harm than good: the room is heated, air injured by being repeatedly inhaled, dusty rooms, unreasonable hours, the body in great perspiration, then in cold air and suddenly checked, with thin shoes and dresses, and other evils which often lay the foundation for consumption and other fatal diseases.

Next to riding on horse-back, a preference should be given to an open carriage of some kind or other, as a person has the advantage of continually changing the air and breathing it pure, (the importance of which is obvious,) as well as beholding the diversity of the scenery and country.

CHAPTER III.

SEASON AND DRESS.

The dress should be adapted to the season of the year, as every one knows that winter requires much more clothing than summer. But the greatest caution is necessary, to make the change very gradually. Woollen garments should be put on early in the fall, and worn late in the spring. This is the more necessary, by reason of the sudden and great changes of our climate; one day the thermometer rises to a hundred, the next it sinks to forty; which racks the constitution, and proves very destructive to health. These vicissitudes must be guarded against by proper clothing, which should never be very thin even in midsummer.

FASHION AND FIGURE.

More consequence is now attached to figure and form than to convenience and health. Persons must dress fashionably, no matter how *ridiculous* or dangerous it may prove. Hence fashion and shape are continually changing, without regard to health, climate or comfort. In order to *reduce* the body to a *fine shape*, the stomach and bowels are *squeezed* into as narrow a compass as possible. By this repreh-

sible practice indigestion, fainting, coughs, consumption, and other complaints are produced.

BANDAGING, ETC.

Garters, when drawn too tight, not only prevent the free motion and use of the parts about which they are bound, but likewise obstruct the circulation of the blood, which prevents the equal nourishment and growth of these parts, and occasions various diseases. Tight bandages about the neck, as stocks, cravates, necklaces, &c., are extremely dangerous. They obstruct the blood in its course from the brain, by which means headaches, vertigoes, apoplexies, and other fatal diseases are often occasioned.

QUANTITY OF CLOTHING.

A judicious physician, in speaking upon this subject, has the following excellent remarks: "robust persons are able to endure cold better than the delicate, and consequently, may clothe lighter; but, the precise quantity of apparel which may be necessary for any individual cannot be determined by reasoning; it must be entirely a matter of experience; and every person is the best judge for himself or herself what quantity of clothes is necessary to keep him or herself, sufficiently warm and comfortable. The state so nearly approaching absolute nudity, in which fashionable ladies now ap-

pear in public, is not only highly indecent, but must be very destructive of their health and personal comfort.

While treating on clothing, I would recommend to every person to be careful in observing that their clothes are properly dried previous to putting them on. This precaution will be particularly necessary in the winter months, as washerwomen are then obliged to dry chiefly by the heat of the fire, and this is apt to be very imperfectly done. Many lives are annually sacrificed by putting on damp linen as well as by sleeping in sheets not properly dried.

"Due care should be taken to change the stockings and other clothing as speedily as possible after their becoming wet by any exposure to inclement weather, rain, snow, &c. Many persons are so imprudent as to neglect this important change, and to suffer their clothes, after such an exposure to dry on them, assisted probably by going near a fire for some time; but, such a practice is always attended with a risk, and not unfrequently gives rise to rheumatism, fever, pleurisy, cough, consumption, or some other disease of a dangerous and even fatal nature."

CHAPTER IV.

PERSONAL CLEANLINESS.

“Personal cleanliness,” says a writer “is chiefly effected by a frequent change of dress, but is much increased by frequent ablutions of different parts of the body daily with water. Of these the head, face, and mouth, as well as the hands and feet, claim our attention. From neglecting to keep the mouth and teeth properly cleansed, the breath is apt to acquire a disagreeable taint. The teeth ought, therefore, to be cleansed after every meal, as the refuse of the food settles about them, and, in consequence of heat, rapidly becomes more putrid, and in this state proves injurious to them, as well as the gums. Every morning the tongue should be cleansed, and the throat well gargled and washed out with water.

The teeth are apt to become incrustated with tartar, which in time very much injures the enamel with which they are crusted, certainly, it should not, therefore, be suffered to collect, but be removed from time to time. They should be washed every morning with a small piece of sponge, or very soft brush, dipped in cold water, joining occasionally the powder of fresh prepared charcoal. If any of the teeth

have a tendency to caries or rottenness, or the gums are spongy and bleed, the mouth may be washed with the tincture of myrrh.

Attention to the feet is also very necessary, particularly in warm weather; and those who, from a peculiarity of constitution, have them very moist, the perspiration proceeding from them in hot weather, and after much walking, emits a very disagreeable smell; they ought, therefore, to be frequently washed. Great cleanliness by means of daily ablutions of the feet, and the change of stockings, is not only the most convenient, but the most salutary means of preventing disagreeable odors.

The most rigid cleanliness must also be observed during sickness. The clothes of the person must also be frequently changed, every thing offensive removed and the apartment must be kept perfectly clean. I shall here quote the remarks of Mr. Jefferson to show the great benefit derived from frequently bathing the feet, as well as to show the advantage derived from an observance of the preceding maxims on health.

"I have lived temperately, eating little animal food, and that not as an aliment, so much as a condiment for the vegetables, which constituted my principal diet. I double, however, the doctor's glass and a half of wine, and even triple it with a friend; but halve its effects by drinking weak wines only. The ardent wines I

cannot drink, nor do I use ardent spirits in any form, I have been blest with organs of digestion which accept and concoct, without even murmuring, whatever the palate chooses to consign to them ; and I have not yet lost a tooth by age. I was a hard student until I entered on the business of life, the duties of which leave no idle time to those disposed to fulfil them ; and, now, retired, and at the age of seventy six, I am again a hard student. Indeed, my fondness for study revolts me from the drudgery of letter writing ; and a stiff wrist the consequence of an early dislocation, makes writing both slow and painful. I am not so regular in my sleep as the doctor says he was, devoting to it from five to eight hours according as my company or the book I am reading interests me ; and I never go to bed without an hour or half hour's previous reading of something moral, whereon to ruminate in the intervals of sleep. But whether I retire to bed early or late, I rise with the sun. I use spectacles at night, but not necessarily in the day unless in reading small print. My hearing is distinct in particular conversation, but confused when several voices cross each other, which unfits me for the society of the table. I have been more fortunate than my friend in the article of health ; so free from catarrhs, that I have not had one (in the breast I mean,) on an average of eight or ten years through life. I ascribe this exception

partly to the habit of bathing my feet in cold water every morning, for sixty years past. A fever of more than twenty four—hours, I have not had above two or three times in my life. A periodical headache has afflicted me occasionally, once perhaps, in six or eight hours, for two or three weeks at a time, which seems now to have left me, and, except on a late occasion of indisposition, I enjoyed good health; too feeble indeed to walk much, but ride without fatigue six or eight miles a day, and sometimes thirty or forty.”

DISEASES OCCASIONED BY THE WANT OF
CLEANLINESS.

Many complaints are caused by want of cleanliness, fevers, dysenteries, and diseases of the skin, as itch, &c., often arise from filth, and they may be mitigated or cured by a strict regard to cleanliness.

To the Little Waisted Lady.

Why do the ladies laco? Ah! why
Indulge that graceless vice;
And make their forms deformity—
Their lives a sacrifice?

Why scare sweet health from out her home,
The roses from each face ?
Why haste their journey to the tomb ?
Why do young ladies lace ?

Why do the girls tight lace ? Why wear
Straight Jackets ! Are they mad ?
Is it for the "*distingue*" air
Pray who can't squeeze and pad !
'Tis very *cheap*—such "stay," or staff—
It costs each wench (not meagre)
Just *sixty-two cents and a half*,
To sport the "*last French figure* ?

Why do the girls tight lace ? They scorn
The corset wearing dandy :
Are stays less wrong by woman worn ?
The odds twixt gin and brandy !
Both kill the body—soil the soul,
Its priceless charms efface ;
Corsets kill more than alcohol !
Why do young women lace ?

Why do young ladies lace ? Why screw
'Themselves to bone and skin—
Their outward *waists* make strange to view
A desert waste within ?
Why squeeze their hips to awkward humps,
Their bosoms out of place—
Their shoulders square and high ; (the gumps !)
Why do the girls tight lace ?

Why do the girls tight lace--and--crush
 Their lungs to this no size?
 All *artifice* should make them blush
 If caught; yet folks have eyes!
 Rouge! corsets! stuffing! beauties grand;
Man wears his maker's face!
 Was *woman* formed by other hand,
 'That she should dare to lace!

Why do the girls all lace? not *all*;
 I see *true* forms pass by;
 Free, graceful, blythe, symmetrical--
 "NATURE'S NOBILITY!"
 They worship not the tawdry queen
 Of fashion (ever base!)
 Foes to the frivolous, false and mean
True LADIES don't tight lace!

CURTIS'S LECTURES.

CHAPTER V.

TIGHT LACING.

'There are few customs if any that produce as baneful an effect upon the system as tight lacing, and, cannot, therefore, be too generally censured as absurd. It produces no bene-

fit, real or imaginary, but *positive injury*; and is the offspring of great weakness, folly, and sin.

The structure of the chest is such, that it forms a spacious arched chamber or cavity, in which the *heart*, the *lungs*, and innumerable *arteries*, *veins*, valves, and muscles perform their important offices, contracting, dilating, inhaling fresh air with one set of cells to purify the *venous* blood, and then exhaling the rest through another set, receiving from the veins the blood which has gone its round, cleansing it with wonderful art in a few moments, and sending it again by the arteries, to meander through and continually renovate every part of the frame. At every breath the lungs dilate and contract—at every breath the heart receives a tide of blood into one of its divisions, and pours out an equal tide at another, propelling it with a force equal to forty or fifty pounds weight.

For all these delicate and momentous operations the chamber, which nature has provided, is exactly of the proper size, not a particle too small nor too large. Nay, it is large enough, and the vital functions can be performed only by certain bones and muscles which compose it.

The ribs *hinge* into the *spine*, (or back bone,) and the *cartilages*, (or gristles,) and the *clavicles*, (or collar bones,) into the *sternum*, (or

breast bone,) there are also joints where the cartilages and ribs unite. By means of these hinges and joints, the bones and gristles incessantly play in and out, or up and down at each movement of the lungs; and to *their* healthful movement, the *freedom* of that play is indispensable.

Now, a corset, or tight lacing of any kind, fetters the freedom of those bones, destroys all the advantages of the joints and hinges which nature has thus wisely provided, and thus lessens the room in which the lungs and heart move—besides depriving them of the aid, the impulse they derive from the movement of the bones and muscles. But all this is not half the mischief. The *ribs*, especially at the joints, being soft in young people, and the gristles much softer, are easily compressed by the lacing, so as to approach nearer and nearer the breast bone in front. Sometimes they overlap it and meet each other: far short of that, however, fatal effects may be expected.

Quite a moderate degree of lacing suffices to bring the points of the ribs several inches forward, and to press the *sternum*, (or breast bone,) inward, narrowing just so much that chamber which, at first was not a hair's breadth too large for the *lungs* and *heart* to work in, besides hindering, in a great measure, the motion of the bowels.

The consequences need not be detailed. That the lungs, thus crippled and forced to beat in vain against the contracted walls of their prison, should be inflamed and diseased; that the breathing should be short and difficult, and that the heart should be subject to unnatural palpitations, and no longer drive the blood with healthful and regular vigor along the arteries; that youth's joys and active sports must be prematurely abandoned, and that life itself perhaps after years of suffering, should retire from its besieged and oppressed citadel can excite no wonder.

One fact will show most strikingly the horrible violence done to nature, by *tight lacing*. The fabric I have described, composed of the *spine*, the *sternum*, and the *ribs*, is naturally cone shaped, smallest at the *top*, and *broadest* at the *bottom*, where the diaphragm (or *midriff*) separates it from the *stomach*, &c. Now by lacing, the ribs are so compressed, their greater portions being gristle,—that the lowest part of the cone is made the smallest; and this it is which makes those foolishly admired waists *tapering downward*. Let every man who does not wish to marry *consumption*, diseases of the *heart*, *dyspepsia*, &c., beware of that *tapering waist*. A sense of oppression is always experienced about the breast, when the corset is drawn tight around the body, the breathing is short, quick and panting; and not only is the

blood prevented in a great measure, from undergoing that change in the lungs, by which it is adapted for the nourishment of the various organs; but, the action of the heart is also impeded, violent palpitations of the latter are not unfrequently produced, accompanied with vertigo and fainting. When the corset is worn constantly from early youth, the growth of the ribs is prevented; and the whole capacity of the chest is permanently contracted, and hence spitting of *blood*, difficulty of breathing, and even more fatal diseases of the lungs and heart are produced.

Consumption is a very common complaint, the production or aggravation of which may be traced to tight lacing. And the whole list of *uterine* diseases, as falling of the womb, excessive and painful menstruation, &c., may be attributed in many instances to tight lacing.

The liver, the stomach, and the intestines in particular, experience this pressure to a great extent, in consequence the free and healthy secretions of the liver are prevented from taking place, consequently the stomach and bowels can no longer perform their healthy functions. The food being undigested, ferments and produces flatulency and diarrhœa, or else so impedes the action of the bowels as to produce extreme costiveness. In this manner in connexion with the injury inflicted upon the lungs, the vigor of the whole system becomes pros-

trated from the use of corsets, the skin assumes a sallow hue, the countenance a haggard and wrinkled appearance, and all the functions of life are performed imperfectly.

It is a fact, that nothing is better adapted to produce the premature decay of beauty, and the early appearance of old age, than tight lacing.

There are two other effects produced by this manner of dress, which would be sufficient of themselves to induce every prudent and sensible female to abandon it. The first is the injury inflicted upon the breasts, by which their proper development is prevented, and the nipple is almost entirely obliterated, so that, when called upon to perform the sacred office of nurse toward her offspring, the mother finds, to her sorrow, that, from her folly she has totally incapacitated herself from performing its duties, or experiencing its pleasures.

The second effect is that produced by the pressure of the corset upon the pelvis, and the womb, more especially, when worn in early youth, or during the first stages of pregnancy.

From this cause barrenness, miscarriages, or a stunted and deformed offspring, may result, or the pains, the dangers, and difficulties of *child birth* may be increased to a frightful degree.

The injuries inflicted by compression of the vital parts are too numerous to be mentioned.

Impaired digestion, cold feet and hands, pulmonary diseases, and nervous depression are in their train.

A learned medical writer, after fully investigating the subject of tight lacing, has assured the public, that multitudes die annually from tight lacing and corsets. His theory is sustained by proof and illustrated by dissections.

I leave you to infer the inevitable mischief done to the *vital organs*, by reducing to one half the volume of space which was given by the all wise Creator. Thus cramped and fettered, it is impossible that their nice, complicated, and important functions can be well performed; and accordingly, in all my practice I have met with no case of inflamed stomach, disordered digestion, and dyspepsia in all its forms, half so malignant and unmanageable as that which was caused by *tight lacing*.

REMEDY.

The only remedy as for *ardent spirits* is *total abstinence*, and by maintaining an erect posture; brisk friction on the *chest, spine, and abdomen*, with a crash towel; the *shower bath*, fresh air, moderate exercise, regular diet, dry warm feet, a calm cheerful mind, and a full determination to obey the laws of Nature and of God.

CHAPTER VI.

SEXUAL INTERCOURSE.

This subject, from the nature of it, is not generally treated of by writers on health. But none is more important, as it involves consequences of the most serious kind.

The *semen* (the seed) is the most subtile, vital and ethereal part of the body. It contributes to the support of the nerves, as well as the reproduction of the human species, and its evacuation is by no means necessary, and when retained, adds greater strength to the system. The emission of semen enfeebles the body more than the loss of *twenty times* that amount of *blood*, and more than the action of a violent cathartic. Hence excess of this nature produces a debilitating effect upon the whole nervous system, on both body and mind.

It is founded on the observation of the ablest physiologists, that the greater part of this refined fluid is re-absorbed and mixed with the blood, of which it constitutes the most volatile and rarefied part, and it imparts to the body peculiar sprightliness, vivacity and vigor. These beneficial results cannot be produced if the semen be wantonly or imprudently wasted.— Besides the emission of it is accompanied with

lassitude, relaxation, and often great nervous depression. It should never, therefore, be evacuated only when in a state of superfluity, and even then never unnaturally.

Perhaps the best criterion for married persons is this: *never indulge in the propensity when it can be well avoided*, for the same reason, that we should never eat till very hungry; any deviation from this rule will be attended directly or indirectly with debilitating effects, especially on the weak and nervous. By this pernicious practice is meant the emission of *semen artificially*, and which prevails among *both sexes* to a fearful extent.

MASTURBATION.—SELF POLLUTION.

Persons should never practise it under any pretence or circumstance, except they wish to both ruin their morals and health, and make themselves the object of *pity* or *ridicule*, or perhaps both; obey then at once the injunction of the Apostle, “flee youthful lusts,” this law both coincides with the laws of nature and of God. Emitting the semen artificially by the too common practice of *Onanism*, lays the foundation for many incurable complaints, and causes more bad health, ruins more constitutions both mentally and physically than even physicians are aware of; or than ever did old king Alcohol. It has been shown by reports of Lunatic Asy-

lums, that it often causes insanity in *both sexes*.

“The fact, that the ceremony of marriage has been performed, will not save the people from the evil consequences of *venereal excess*, the laws of our being remain the same, and if violated, we must suffer the consequences.—Hundreds and thousands are thus annually hurried into a premature grave, or made wretched while they live, by diseases brought on by the too often, (and once in a week is often for a healthy individual,) indulgence of sexual intercourse, it not only debilitates the organs, but it also destroys the sprightliness and vigor of youth, drives the rosy tint from the cheek, the brightness from the eye, and in many instances, destroys the power of procreation; hence it is frequently the cause of *barrenness*, which is so often the cause of discontentment between man and wife; and all this is produced even without a knowledge of the exciting cause. The filthy practice of self pollution pervades all classes and ranks of society, both *male* and *female*, professed christians are often among its victims.

Some time since says a learned writer, “I became acquainted with a lovely and intellectual young man, who was a student of one of our theological seminaries. His health became so poor that he was obliged to leave the seminary and return to his friends. I saw him

lose his reason and become a raving maniac. I was satisfied, from all the symptoms in the case, that this sin was the cause of all his misery. He died without recovering his reason, and a friend of his, (who was in the seminary with him,) told me after his death, that he was indeed a victim to *solitary vice*, that it caused his death."

That the evil is wide spread and is exceedingly injurious to the young, cannot be denied or doubted. Its effects upon physical strength and constitutional stamina, are very prejudicial. Its influence in prostrating the mind is no less appalling. Consumption, spinal distortions, weak and painful eyes, weak stomachs, nervous headache, and almost the whole list of the contents of Pandora's box. It is equally opposed to moral purity and mental vigor. It keeps up the influence of unhallowed desires, it gives the animal feelings and propensities the leading trait of the character, fills the mind with lewd and corrupt images; and transforms its victim to a filthy and disgusting reptile.

The evil is common, its danger is little known, let the young beware of it, and those who practise this filthy habit abandon it for ever. To see the face covered (or thickly set) with small red pimples, is almost a positive symptom of secret vice, though many practise it without the appearance of these, yet I have never seen

an instance of their appearance, where self pollution was not practised.

The best preventive is to at once abandon lewd and filthy company, and desires, live on a light and moderate diet, endeavor to draw the mind from the opposite sex, consider well your dreadful condition, firmly resolve in your mind that you will amend your ways, never go to your bed until you have become sleepy, arise as soon as you awaken, and if this should all fail, keep constantly at your bed side a bottle of strong cayenne and vinegar, and never get in bed without first washing your hands with it, by faithfully following up this you can rejoice as much, yes, and ten times more than though you had amassed a large fortune, for this you have done, and even triumphed over an untimely grave.

CHAPTER VII.

PATENT MEDICINES.

We deem it necessary to make a few remarks, on the numerous nostrums and quack medicines, or (patent medicines) of the day.

The public are as much duped by the loud puffing and the taking of these nostrums as they are from taking Minerals and Poisons, from those would be learned and scientific knights of Medical order, who give calomel under the name of "Hydrargyrum Chloridum Mitum." Our pretended reform papers are filled with an innumerable list of nostrums highly recommended for the cure of all forms of disease. "Who ever advertises a medicine, (says Tissot,) as a universal remedy for all diseases, is an absolute *Impostor*, such a remedy being impossible, and contradictory to our present state of knowledge. I freely appeal to every sensible man who will reflect but a moment on the different causes and symptoms of disease, whether this is not the case."

Did people but know the ingredients, or the mode of preparation of the patent medicines they purchase, they would at once lose all confidence in them. Secrecy, (in the minds of the ignorant,) stamps great value on every pretended medical preparation; cheats and impostors know this, and thus take the advantage of such persons to palm upon them their spurious trash. My motto is, never use either externally or internally as a remedial agent, any article, either simple or compound, that you do not both know the name and action of, and then never use it at all, if it has a deleterious effect on the human constitution. But, says one, perhaps

the doctor will either tell us a big name that we cannot understand, or else not tell the right one. I answer you must think less of your lives than I do of mine, if you will trust your lives in the hands of one whom you cannot trust to tell the name of an article of medicine, that is trusting your lives where perhaps you would not trust a dollar; or perhaps you are not aware, that the *doctor's* "bread and butter," depends altogether upon your sickness.

Did the public know the composition of the nostrums and patent medicines of the day, (which they certainly ought before hazarding the application of them,) they would most undoubtedly detest the most of them as odious and baneful.

Many of the Panaceas contain for their base, Corrosive sublimate. (Corrosive sublimate is a preparation of mercury, and is as poisonous and dangerous as ratsbane, (or arsenic,) a very small dose will produce death.) 'The Welch medicamentum which it is said, if a person uses it, he will never require the healing art, is nothing more than a compound tincture of aloes. 'The active ingredient in this article is an excellent physic for horses, and is fit for little else, as its long continued use will produce piles. 'This is the reason why people fancy that certain kinds of patent pills "bring away so much bile," but instead of "bile," it is the mucus lining of the intestines. All the patent ague

cures either contain arsenic, or quinine, or both. The activity of Anderson's cough drops depends on the Opium they contain.

A preparation sold for the cure of dyspepsia, contains a large portion of Prussic acid. (If a drop of Prussic acid be placed on the tongue it will produce death in less than a minute.)

I have been waiting for an older practitioner of medicine, to take up the pen against these life destroying agents, until the scenes of human misery which are presented before my eyes, forbid my waiting any longer. Where is the man who knows these statements to be correct, and who has the least spark of philanthropic spirit, that can sit and hold his peace, and see humanity and innocence thus tortured? I write the above through a feeling sense of duty, knowing that many of the high recommendations of most of the patent medicines of the day are *base fabrications*; and knowing the danger to which a person is exposed by using an article as a remedial agent, that they are entirely ignorant of (especially as the weight of the vender's purse entirely depends upon the bad state of the health of the community,) I would say candidly to the public, beware of all patent, quack and secret medicines, as you value your health, your happiness, or your lives, or even your purses; and the practising physician who uses or recommends to his patients these articles, only indirectly acknowl-

edges that he has no confidence in his own preparations of medicine, and his ignorance of the *healing art*.

CHAPTER VIII.

TRANSITIONS FROM HEAT TO COLD.

Many of our worst maladies arise from a sudden transition from heat to cold. The sudden change of the surrounding atmosphere to the body, when in a state of perspiration cannot but be fraught with danger. The pores become closed, the perspirable matter is retained which proves a source of irritation to the system, and soon terminates in a departure from health.

The system is capable of enduring an intense degree of cold when brought on in a gradual manner; but, when it is suddenly applied, such a shock is given to the system that it seldom escapes without receiving serious injury, from which we may at once infer the great necessity of care and caution against sudden changes from heat to cold.

There are many thoughtless persons who will rush into the cold (and perhaps damp) air, from a close room heated to the temperature of

the blood, or after being warmly clad throughout the day, will go out in the cold damp air of night in the flimsy dress of a ball room, with their bosoms uncovered, and their necks and shoulders perfectly bare, for such is the prevailing fashion among women of all ages.— They are never *more dressed* according to their ideas, than when thus equipped for a place of amusement, although in fact they very nearly approach a state of nudity. It is frequently by such imprudence that so many are annually cut off by that scourge of the human race, viz: *Pulmonary Consumption*. But, we are now so accustomed to hear of colds, coughs, consumptions, rheumatisms, and a long list of other forms of disease, that it appears that most of the human race consider them as necessary scourges of our climate and land. But this is far from being correct, the head was never made to ache, the lungs to rot with consumption, or the joints to ache with rheumatism. No, far from it, but each and every organ in the human body was wisely created and adapted, and fully qualified for the performing of the office for which it was designed by the all wise and ever living Creator of all things, who has placed us here upon earth for the purpose of enjoying *life, liberty*, and the pursuit of happiness, which we never can do, if we thoughtlessly or unheedingly, and unnecessarily expose ourselves to the various surrounding causes of disease in

such a manner as to entirely ruin our constitutions, and amass upon ourselves an innumerable amount of suffering, and finally a premature grave.

CHAPTER IX.

WET CLOTHES.

Wet clothes, not only by their coldness, obstruct the perspiration, but, by absorbing a large amount of caloric (or heat) from the body in drying, they thereby leave the skin in a cold, lax, and debilitated condition. The most robust are not proof against the imprudence of wearing wet clothes; they daily occasion fevers of various kinds, dysenteries, rheumatisms, and a retention or great irregularity of the menses. I have known such imprudence to destroy the lives of several young and healthy females, and ruin the constitutions of a number of others.—Young ladies who value their health or their lives cannot be too careful to avoid all such exposure. If any one should get her clothes wet accidentally, she should change them as soon as possible, first rubbing the body and limbs

briskly with a crash towel. If any bad effects follow, it should be attended to immediately, and not left to remain until the health is ruined, for remember, "a stitch in time saves nine." When the circumstances are such, that a change of apparel cannot be had, the person should keep up a brisk (not tiring) exercise, until the clothes become dry.

WET FEET.

Wet feet often cause fatal forms of disease, as colic, inflammation of the breasts and bowels, cholera morbus. &c. are often the results of wet feet. Habit will, no doubt, render this less dangerous; but it ought, as far as possible, to be avoided. The delicate, and especially those who are not accustomed to have their clothes or feet wet, should be very careful in this respect.

CHAPTER X.

NIGHT AIR.

The perspiration is too often obstructed by night air, even in summer; but this should be avoided. The cold, damp night air of autumn which causes so much ague, and so long a list

of other forms of disease which are all charged upon the "Marsh Miasmata," (which is nothing more nor less than a time honored *scape goat* of professional ignorance.) I say all these various forms of disease are caused by nothing more than intemperate habits, and unnecessary exposure to the cold, damp night air. Persons should be careful not to expose themselves to a cold, damp *morning*, any more than an evening air.

CHAPTER XI.

DAMP BEDS.

Beds frequently become damp by not being properly used, or from standing in damp houses, or by being filled with straw or chaff which is not dry. Such things should be carefully avoided, as they are likely to be followed by the most fearful consequences.

FEATHER BEDS.

Most of the nervous affections to which we are subject, are greatly aggravated by feather beds. Headaches, dyspepsies, uterine diseases, &c., are all greatly aggravated by them. Let

those who are subject to headache in the morning, try going to bed without supper, and lie on straw beds, covering only with blankets or quilts, and a cure will soon be effected.

Too much could scarcely be said upon the pernicious practice of sleeping upon, or under feathers. There are but very few who are apprised of the deleterious effects they have upon the human body. They produce headache, sickness at the stomach, a feverish pulse, a pale and ghastly countenance, and, in fact, I do not know of a single habit, that is followed in civilized life, that is productive of more baneful effects. The writer once thought, that he could not sleep comfortably warm in winter without them; but he has found to his full satisfaction, that blankets are equally comfortable, and can now get out of bed at an early hour, entirely free from nervous headache, which he had not done before for a series of years.

Let those who always feel drowsy, nervous, sick at the stomach, &c., follow my plan and they will soon be well. Straw is the best material for under beds, feathers confine the heat and poisonous vapours around the body too much, chaff soon becomes dusty and unfit for use, besides is far more uncomfortable.

Try it.

CHAPTER XII.

TOBACCO.

The use of *tobacco* has become so prevalent in this country, that in some places a large majority of *both sexes* either snuff, smoke, or chew it.

When we take into consideration the disagreeable and repulsive character of this noxious weed to the unaccustomed, it is truly surprising that it should ever have been thought of as an article for which it is now used; and when to this consideration is added the exceedingly important one, that it is so highly injurious to the human constitution, the fact of its general use becomes still more astonishing. Many, however, are not aware of its pernicious effects, and this will in some degree account for its extensive use, I propose therefore in this article to exhibit its baneful effects, with the hope of thereby inducing some at least to abandon this filthy and pernicious practice.

It should then be understood that tobacco is a *deadly, a virulent poison*; (just consider for a moment that you snuff, chew, and smoke, all the days of your life, that which you dare not swallow.) Three drops of the distilled oil of tobacco dropped upon the tongue of a full

sized cat will cause her death in from three to ten minutes, in many instances where it has been administered as a medicine internally, or externally, it has caused the death of the patient.

A poultice of tobacco applied over the stomach causes violent and dangerous vomiting in a very short time, its application to the head produces the same results.

A certain learned physician asserts that tobacco causes scorbutic complaints; and that scurvy is more common since the use of tobacco than before. Dr. Salmon says, that he is confident that more cases of apoplexy have occurred in one year since the use of snuff, than have died of that disease in a hundred years previous to its introduction.

SMOKING.

As to smoking every medical man knows that the saliva which is so copiously drained off by the pipe, is the first and greatest agent which nature employs in digesting food, chewing likewise draws off this liquid.

But smoking and chewing not only carry off the necessary *saliva* from the use designed by nature they saturate the mouth and tongue, thereby vitiating the saliva and rendering it in a great measure unfit for what it was designed, and in this poisonous and unfit condition it enters the stomach, thereby laying the foundation for a long list of maladies and incurable

forms of disease, (perhaps one-third the contents of Pandora's box.) Who can wonder at the dizziness, and pain in the head, the faintness, the weakness, the sourness, the burning and the pain in the stomach, the weakness of the voice, the nervousness, the disturbed sleep, the night mare, the mental depression, the palsy, &c., &c., and finally, the premature grave!! of the follower, the victim, and the miserable slave of that filthy weed, tobacco!! But, says one, such and such a one chewed, snuffed, and smoked tobacco all their lives, they lived to be old men, and tobacco did not kill them. I answer, that many of our forefathers were in battles where there were hundreds shot down, but neither bullets nor swords injured them. But this does not prove, that powder, balls, and broad swords are not both dangerous and destructive—so the golden pitcher went to the well ninety-nine times, without a particle of injury; but the hundredth time, it was dashed to pieces. Well then, says another, there are hundreds and thousands who die with those diseases, who never use tobacco." So, I answer, there are hundreds and thousands that die, who never have such forms of disease; but this does not prove that such forms of disease do not destroy life, and that tobacco is not the cause of such forms of disease.

Instead of preserving the teeth from decay, as many suppose, the chewing or smoking of

tobacco wears down or absorbs the grinding surface of the teeth much faster than would otherwise be the case. So active a poison as the smoke or the juice of tobacco, continually in contact with the teeth, must tend to destroy, or at least to greatly injure their vitality, and consequently hasten instead of retard their decay.

To the consumers of tobacco let me now say, *desist!* *First*, for the sake of your *health*, which must be materially injured, if not entirely destroyed by it. *Secondly*, for the sake of your *property*, which must be considerably reduced by it. *Thirdly*, for the sake of your *time*, a large portion of which is irreparably lost, particularly in smoking. If you have any to spare, spend it in prayer, reading or study. *Fourthly*, for the sake of your *friends*, who cannot be otherwise than disturbed by your company. *Fifthly*, for the sake of your *voice*, which will be entirely ruined by the loss of your teeth, or the use of snuff. *Sixthly*, for the sake of your *memory*, that it may be vigorous and retentive, and for the sake of your *judgement*, that it may be clear and correct to the end. *Lastly*, for the sake of your *soul*, do you not think that God will punish you for your loss of time, waste of money, and needless self-indulgence, thereby shortening your days? But, says one, I cannot, or will not: for I know it does me no harm. I answer, that it is the

drunkard's plea exactly: then if you would wish them to forsake their evil ways, I would say, example is better than precept: so let me conclude with "*Go and do thou likewise.*"

PART II.

ANATOMY OF THE FEMALE ORGANS OF GENERATION.

CHAPTER I.

THE PELVIS.

THE bony rim surrounding the lower part of the body and lying beneath the abdomen is called the *pelvis*. It received its name from its supposed resemblance to a *basin*, but it must be observed that it is open at the bottom, as well as at the top, and that the back part is much higher than the front. In an adult it consists only of three principal bones. The back part is called the *sacrum*, the two sides the *iliac*, and the front ends is called the *pubic* bones; to the lower part of the *sacrum*, are attached several small moveable bones called *coccygis*. The *pubic* bones are joined together by a strong thin cartilage or gristle called the *symphysis pubis*, (or joining of the *pubis*.)

The passage into the brim of the pelvis, is termed the *superior strait*, and that through the outlet, is termed the *inferior strait*, the space between these straits is called the *cavity* of the *pelvis*. If the shorter diameter of the aperture from the joining of the pubis to the sacrum be from two and a half to four inches, and the other diameter be still longer, and the sides be shaped in proportion, the pelvis is said to be well formed, and to present no obstacle to a natural and an easy delivery. All other forms are said to present obstacles in proportion to their degree of departure from this regularity, and are called ill formed pelvises.

STRUCTURES PECULIAR TO FEMALES.

External.—The fleshy substance lying directly over the joining of the pubic bones is called the *mons veneris*. Its lower or back portion is divided into two parts, called the *labia pudendii*, which diminishes in width and prominence as they descend towards the coccyx. Their union is called the *fourchette* (or fork.) Between the fork and coccyx is another aperture called the *anus*. Between the fork and anus is a division called the *perineum*.

On separating the *labia pudendii*, we observe a long cavity called the *fossa magna*. In the upper or front part of this opening, is a small spongy body, in some measure resembling the male penis, called the *prepuce*. On the sides

of the fossa are two spongy folds called *nymphæ*, apparently much contracted, but having the power greatly to expand, and thus enlarge the passage, to facilitate parturition. Between these and about the middle of the fossa magna, is the orifice of the vagina called *os externum*, closed in the virgin state by folds and wrinkles called *carnucalæ myrtiformes*; after child-bearing these frequently disappear, and the interior of the vagina is visible on separating the labia pudendi. About one-third of the distance from this to the clitoris is the orifice of the urethra, (a tube from one to two inches long, much shorter, though somewhat larger than in men,) with a small projection at its lower edge, for the right direction of the urine. In infants the orifice of the vagina is often found partly closed by a thin membrane called the *hymen*, which is open sometimes in the middle, and sometimes at the upper edge, so as to appear like a crescent. Instances have been known in which it entirely closed the orifice of the vagina. This should be opened immediately with a sharp penknife or pair of scissors, to prevent the indelicacy of a future exposure, and because it can then be easily borne.

CHAPTER II.

INTERNAL ORGANS.

The Vagina.—The os externum leads into a canal called the vagina, of a conical form, from three to six or eight inches long, about two inches broad at the upper end or fundus, into which is a small projection called the cervix uteri (or point of the uterus,) somewhat in the manner in which the small pointed bottom of a wine bottle is projected into the vessel.—The vagina is composed of two coats; the inner is velvet like, interspersed with many excreting ducts, and contracted into small transverse folds, particularly at the fore and back part. These are lessened, and generally obliterated by child bearing. The vagina is between the urethra before, and the rectum behind, to both which it is strongly attached by a cellular membrane.

CHAPTER III.

OF THE UTERUS.

Above or beyond the vagina, in the cavity of the pelvis, between the urethra and the rec-

tum, with its lower point projecting into the vagina in the manner in which a finger might be pushed an inch or so into an India rubber bottle at the bottom, is a spongy receptacle called the uterus, resembling in shape a compressed pear. The lower point is called the *cervix*, the upper or bottom, the *fundus*, and the intermediate parts, the *body*. The whole is about three inches long, two broad at the fundus, and one at the cervix. Its walls are near half an inch thick at the fundus, and rather more than half at the cervix. Though its surface is greatly enlarged, it is so distended with blood, that it preserves about the same thickness throughout the whole period of pregnancy. But the size of the uterus in different women, is so various, even not impregnated, as to prevent any great degree of accuracy in its measurement. The back part is thicker and expands more during pregnancy, than the front. The entrance into its cervix forms a little protuberance called *os tincæ*. From the manner of its insertion into the vagina, the cervix of the uterus may change its position and direction at pleasure. The inner coat of the vagina is reflected over the os uteri, and continued into the lining membrane of the uterus. This membrane secretes a mucus which generally closes the os uteri very curiously and perfectly, immediately after impregnation, and continues it so during pregnancy. (Several exceptions are on record.)

The substance of the uterus is very firm, composed of arteries, veins, lymphatics, nerves, and muscular fibres curiously interwoven, and united by a cellular membrane.

CHAPTER IV.

LIGAMENTS.

Two *broad ligaments* pass from the right and left of the fundus uteri, to the sides of the pelvis, serving to support the uterus, and to convey to it nerves and blood vessels. Two *round ligaments* rise from the sides of the fundus uteri, pass along within the forepart of the broad ligaments, descend through the abdominal rings, and terminate in the substance of the mons veneris. Though these ligaments will allow the unimpregnated uterus to move only about an inch up and down, yet, during pregnancy, they permit it to rise into the cavity of the abdomen. But, after delivery, they contract with surprising quickness to nearly their original state.

FALLOPIAN TUBES.

From each side of the inner surface of the uterus, near the fundus, a tube passes through

the uterus, and extends along the broad ligaments to the edge of the pelvis, where it reflects back, and turns over behind the ligaments so that about an inch of its extremity hangs loose in the cavity of the pelvis. The extremities of these tubes having a jagged appearance are called *fimbriæ*. The whole tube is about as long as the uterus, very small in the uterus, and increasing in size towards the *fimbriæ*.

CHAPTER V.

OVARIES.

Near the *fimbriæ* of each tube, and about an inch from the uterus, is suspended in the pelvis, and covered by the folds of the broad ligaments, a flat oval body about an inch long called the *ovary*, (which generally means a little egg,) but, represents here a nest of eggs, or a bag enclosing seminal elements.

Each of the ovaries includes from four to twelve vessicles attached by threads to the inner surface of the ovary, some deeper seated than others, filled with coagulable lymph.

PHYSIOLOGICAL OFFICE OF THE OVARIES.

As the life of the female advances they become turgid, and a kind of coagulum is found in or near the surface, until it increases to near the fourth of an inch in diameter.

In *coition* or *sexual intercourse*, the fimbriæ or ragged end of the fallopian tubes, clasp the ovary, and press it to such a degree as to burst its delicate covering and disengage the little egg, which passes through the tube into the uterus, where it is impregnated by the male semen (the seed) and nourished by a secretion from the circulation to the uterus until ripe for parturition. These ovula or little eggs may be seen in the healthy ovaries of every young woman. It is certain that they form the basis of every foetus, (or unborn child,) as none can be found where they do not exist, and the scars in women that have borne children, correspond always with the number of conceptions. At least such is the most plausible theory.

BLADDER.

Attached to the inner extremity of the urethra, behind and above the symphysis, is an elastic and muscular vessel, of an egg shape and capable, when distended, of holding nearly a pint of fluid; this vessel is called the *bladder*.

RECTUM.

Behind the bladder is the uterus, and between this and the os sacrum is the large tube or bowel, called the *rectum*, and the extremity of which is called the *anus*. Both the anus and the urethra are surrounded by muscular and contractile bands called *sphincters*, which are powerfully contracted, except when the pleasurè, or the necessity of the person requires their relaxation, when they give way for a moment, but quickly regain their condition.

CHAPTER VI.

USE OF THE ORGANS.

One prominent use of the pelvis is to support the abdominal walls and viscera; another is to receive the ends of the lower limbs. In females the cavity of the pelvis seems also destined for the protection of the principal organs of generation, as the vagina, the uterus, the fallopian tubes, the ovaries and also the bladder and rectum, (in the fourth month of pregnancy, the uterus quits the cavity of the pelvis and rises into the abdomen, so does it also rise

in cases of dropsy, that distend it beyond the pelvic cavity.) Another and very prominent use of the pelvis is to protect from outward pressure and injury, the delicate embryo of the future man ; till it shall have acquired that organization, firmness and conservative power that seems most necessary to protect it from injuries, when encased only within the more plastic walls composed of abdominal muscles.

The *labia pudendii* the *nymphæ* and the folds of the *os externum* all serve to close the passage to the uterus and to protect it from cold. Their spongy structure and elastic power enable them to expand for the purpose of parturition ; to protect the child against injury from the pelvic bones, and afterwards to contract to nearly their original dimensions.

About the *nymphæ* in the vagina, uterus &c., are glands and follicles which secrete, some an oily, others a mucus substance which serve to prevent injury by friction and close contact of the parts.

The vagina by its firm texture ; and its attachment to surrounding parts, aids the broad and the round ligaments in supporting the uterus in its place, and preventing injury to the cervix from external pressure. The uterus is designed for menstruation, and for conception, protection, nutrition, and expulsion of the fœtus. The *broad* and *round* ligaments aided by the vagina, sustain it in its proper place and

position. The fallopian tubes are undoubtedly designed to conduct the ovium from its nest in the ovary, to the cavity of the uterus. The ovaries are designed to furnish the female elements of the future man, in regular succession during the prime of life in each individual.

The ova are seldom less than eight or more than twenty-four, usually ten to fourteen.

CHAPTER VII.

DISEASES OF THE ORGANS.

In infants the labia pudendii, the nymphæ, &c. are often liable to become inflamed. This condition may be prevented or cured, by washing the parts often with warm milk and water, and the tea of Hemlock, Bayberry, Raspberry, &c., or applying sweet oil, or cream, or fresh butter to them. Similar appearances about the ears, groins, and elsewhere, may be treated in the same manner. Sometimes, for want of attention to these matters, the labia pudendii grow together. When this is observed, they should be separated immediately. The best method of doing this, in my opinion, is, to take hold of the labia and pull them apart.—

This method is less likely, than cutting, to injure the minute vessels of their surfaces, and is said to give but little pain. Dr. Denman says it will scarcely make a child complain. Keep the parts asunder till healed, by a little lint saturated with sweet oil, cream, or fresh butter. These are also excellent to prevent or cure chafes, &c., any where.

STRICTURES OF THE VAGINA.

The vagina is liable to stricture, so as to render it too short and too small for the purpose for which it was designed. This may be obviated by injections of lobelia tea with the addition of powdered slippery elm, flaxseed, &c. or other emollient substances, and by dilation with sponges, lints, &c. The course of medicine, (see hereafter described,) injections and restoratives, faithfully used, will almost if not quite always, save the necessity of mechanical distension, sometimes advised by physicians. Cohesion of the inner surfaces after ulceration, and the scars thus formed, may be treated as directed for adhesion of the labia.

CHAPTER VIII.

POLYPUS.

The *polypus* of the uterus is of three kinds in respect to the situation. It either grows from the fundus, the inside of the cervix, or from the lower edge of the os uteri. The first case is the most frequent, the last, the most uncommon. Polypi of the uterus are always pear shaped and have a thin pedicle, or junction. They are almost invariably of that species denominated fleshy: hardly ever being scirrhus, cancerous, or ulcerated. It is of various sizes, and after some time it generally becomes smaller towards the point of adhesion, when with a double canula and loop it may be compressed around the neck, so as to stop the circulation. In three to six days it will drop off, and the place where it was attached may be dressed with healing salve (see recipe) put on the side of a large piece of lint, or even let alone, and it will soon be well. Bad cases have been cured by pure botanic courses alone. (See course of medicine.)

CHAPTER IX.

FLUOR ALBUS.

The *fluor albus* or *whites*, so called from its appearance, the fluid which, is at first generally milky, is sometimes changed to green, yellow, or even brown color, shows itself in an irregular discharge from the vagina and uterus.

It is often attended by severe pain in the back, and loins, weakness, loss of appetite, dejection of spirits, paleness and chillness, and sometimes by difficult breathings, palpitations, faintings, swelling of the lower extremities, which are rarely followed by prolapsus uteri, (or falling of the womb.)

TREATMENT.

This disease being caused by cold, canker, want of attention to *cleanliness*, &c. The proper mode of cure, will be to give the patient a full course of medicine, promptly and energetically, with generous diet, moderate exercise, and the best articles of bitters, as Poplar bark, Golden seal, Barberry, Balmony, Peach meats and leaves, Bitter root, Dog wood blows, &c. Great attention should also be paid to injections into the vagina, composed of Witch

hazle, and a small portion of Blood root, (or when these cannot be had, Hemlock, Swamp maple, Bayberry, Birth root, Sumach, &c., all or any of them,) with a little Cayenne and Nervine, these should always be strained.

The parts should be constantly protected by warm clothing from the action of the cold. Let this plan be followed till the general health is restored, and the peculiar affection will vanish.

CHAPTER X.

RETROVERSION.

The uterus is liable to *retroversion*, by which is meant that the *fundus* is turned backwards and downwards, upon its *cervix*, between the vagina and the rectum; and the os uteri is turned forwards to the pelvis, and upwards in proportion to the descent of the fundus, so that it cannot be felt by the finger, at least without great difficulty. The fundus uteri may be felt between the vagina and the rectum, pressing the former towards the pubis. This generally happens about the third month of pregnancy, though it sometimes occurs after delivery. It

causes severe pain, costiveness, and suppression of urine.

Sometimes the bladder is so distended and projected into the abdomen, as to produce the appearance of an advanced pregnancy.

TREATMENT.

By inserting a catheter through the *meatus urinarius* into the bladder, (an operation which the patient can perform with more ease and less inconvenience to herself than the administration of an injection,) the water if necessary may be drawn off. Then (the patient lying on one side,) by inserting the fore finger of one hand into the vagina, and that of the other into the rectum, keeping them as near together as possible, and constantly alternating, gradually inward, the *fundus uteri* will be easily returned to its place, when the *cervix* will return as a matter of course.

By filling the vagina during the day, with a thick India rubber bottle, or other soft elastic substance lubricated with slippery elm; after giving a course of medicine, with injections to strengthen the parts, the derangement will soon be corrected. A bandage or truss of that character may be worn externally to some advantage, but I entirely disapprove of all the Pessaries in use. I have seen much mischief follow the use of some, but no good follow that of any.

CHAPTER XI.

HYDATIDS.

The uterus is also subject to *hydatids*, that is, little bags containing watery fluid supposed to surround living animalculæ, and attached by a small neck to the surface.

"If" says Dr. Hooper, "*the natural healing powers* are not sufficient to effect a cure, the patient mostly falls a sacrifice to their ravages." It is therefore evident that the Botanic treatment (if it should not always, as it certainly generally effects a cure) is the best that can be applied; for it is calculated to assist the natural healing powers in doing what it is of itself unable to accomplish.

Tumors or dropsical bags that obstruct the passage of a child, should be pushed above the pubis if movable, if not, they should be punctured with a sharp pen knife (or other instrument) and they will discharge their contents.

Cancers,—Are also sometimes in the uterus. They may be treated according to our plan, so far as they can be reached, or they may be treated with caustic potash, as hereafter described. With ulcers we Botanics have no difficulty.

The *ovariæ* are also liable to dropsical affections, inflammation, &c. Physicians guess at the existence of this form and locality of disease, and attempt to cure the former by tapping through the vagina, and the latter by the use of those antiphlogistic means, (as bleeding, starving, poisoning, freezing, leeching, cupping, seatonizing, physicing, &c.) which are all calculated to produce the former. They are subject also to hydatids and cancers. The dropsy usually happens about the cessation of the menses, sometimes earlier. It is caused by cold, or obstructions, which either contract or close up the pores in those parts, and prevents the fluids from escaping.

The application of warmth and moisture on the Botanic plan (see course of medicine) will relax the pores and cause to be discharged the offending matter.

CHAPTER XII.

OF THE MENSTRUATION.

Nature has wisely adapted every organ in the human body to the full and perfect performance of their peculiar functions connected with

their existence. The uses of the womb as before stated, are for menstruation, for the nutrition, protection, and expulsion of the future man.

The mensis is that peculiar secretion which nature designed to aid and assist in the work of gestation in the female, to administer life strength and nutrition to the embryo of the future being, and without which the female ceases to conceive or bring forth her offspring.

The healthy discharge in females generally commences from the age of twelve to that of sixteen, and continues periodically, at the end of about every four weeks, for the space of about twice as long as the female is old when it commenced, i. e. if the female was twelve it will continue until about the age of thirty-six, if sixteen years of age, it will continue until about forty-eight. However there are a few exceptions where it continued but a short time: others where it continued until seventy years of age.

The term of its duration is from four to six days or even longer, seldom shorter than four days, in females who enjoy good health, and is attended with little or no pain. We do not consider it unavoidable, therefore, that pain and suffering are necessary accompaniments of menstruation, any more than colic or diarrhœa necessarily follows a proper meal. (Illustration.) If we provide the stomach and bowels

with indigestible and irritating food it will tax the organs heavily ; and produce colic or diarrhœa, consequently, if the womb is loaded with cold fluids and impure blood, which is entirely unfit for producing a healthy menstrual fluid, it will as certainly produce spasms and cramps, as in the other ; yet, we can easily see that neither is necessary.

CHAPTER XIII.

THE FIRST APPEARANCE OF THE MENSIS.

Great attention and care is necessary to the young female from the age of twelve to that of sixteen. For by *necessary information* and careful management ; may be prevented irreparable mischief and injury to the constitution, arising from imprudent conduct, in consequence of ignorance and a feeling of bashfulness. Mothers should be very careful to always give their young daughters, the necessary information before the period of the appearance of the menses. Many, however, withhold this important knowledge, in consequence of a kind of bashfulness which they seem to possess. But here we would take the liberty to inform such, that

it is far more beyond the bounds of modesty and prudence, to let this critical period arrive, and to have their daughters expose themselves unnecessarily to wet and cold, and thus ruin their constitutions, or perhaps, lose their lives ; and not only this, but, to be asked and informed concerning the important matter, "many things both strange and new," and that too, by a physician, which is far more repugnant to the feelings of modesty, on the part of the lady, than if it had been communicated in due season to her, by her mother.

The mother or guardian of the female should frequently inquire after those symptoms which indicate the approaching menses, sometimes, however, it takes place without the slightest warning ; and hence require no particular management, except due caution as regards unnecessary exposure.

The future health of the female very much depends upon the regularity of the menses, as the female cannot enjoy good health without this secretion (as well as all others) is regularly and properly carried on. By care a nervous habit may be prevented. The symptoms of the appearance of the menses, are, slight fever at intervals, accompanied with hot flashes in the sides, and back, headache, a dull pain in the loins, drowsiness, and heaviness in the eyes, soreness of the breasts, and nipples, also a sense of fullness in the breasts, bearing down

pain in the vagina, darting pains up and down the inside of the thighs. More or less of these symptoms generally accompany the appearance of the menses, with a peculiar uneasy fretful state of the mind.

It is important here to mention that obstructions at this age, when menstruation first commences, are of great moment. The complexion of the female soon assumes a sallow appearance, the eyes are sunk deep in their sockets, and a dull dark blue, or brown circle, forms under the eyes, a blueness of the tongue, with impaired digestion, loss of appetite, and an absence of that sprightliness, that is so common to youth. All these symptoms soon become greatly aggravated; then come on slight feverishness, increased by the least exercise, cold hands and feet, wandering pain in the side and breast, a cough which is dry at first, but soon assumes another character, the patient then coughs up a tough white phlegm, which soon changes to a thick heavy yellow looking matter (which sinks in water,) then comes on night sweats, and rapid wasting of the whole body, the tongue often loses its coat and assumes a smooth, red and shining appearance, and finally diarrhœa becomes troublesome, when death closes the scene. And this is called a case of incurable pulmonary consumption, in accordance with the will of God.

TREATMENT.

As soon as a female perceives that her menses have not come on at the regular period or that they have been checked (from any other cause than *sexual intercourse*, she should at once be carried through a *course of medicine*, (which see,) and after this she should make use of a tea of all or any of the following articles, viz :

Rattle root, Blue cohosh root, Motherwort, Tansy, Rue, Senaka snake root, &c. I generally give the following :

Pleurisy root	1 oz. }	} or {	Tansy	1 oz.
Rattle root	1 oz. }		Rue	1 oz.
Seneka snake root	1 oz. }		Motherwort	1 oz.
Golden seal	1 oz. }		Rattle root	1 oz.
Cayenne pepper	½ oz. }		Cayenne	½ oz.

all pulverized fine put a tea spoon full in a tea cup pour it two-thirds full of boiling water, let it settle, then sweeten and drink while it is warm, it should be used in company with the warm foot bath if the vapour bath is not convenient. Any innocent article that will produce a free perspiration is good. Repeat as occasion may require.

This treatment if followed strictly will in most cases soon relieve obstructed menstruation, but

is not designed for the treatment of pulmonary consumption.

Sometimes it happens that the hymen so called, (a fine thin membrane which exists at the entrance of the vagina and which is ruptured during the first sexual intercourse,) entirely closes up the passage of the vagina into the uterus, this entirely obstructs the escape of the menstrual fluid; sometimes it is so strong as to be a complete barrier to sexual intercourse; this trifling difficulty has been the cause of application for *divorce*. When the hymen is found to exist in an imperforate condition, it should immediately be perforated by a sharp pointed pen knife or other suitable instrument, which can easily be done by some confidential female friend, it should be divided in the form of a cross as this will prevent the danger of its reuniting and will greatly lessen the painful feelings produced by the first act of *coition* (which is frequently accompanied with almost as severe pains as those of labor.)

CHAPTER XIV.

PAINFUL MENSTRUATION.

Many females are subject to painful menstruation, at every successive period, and yet they

are regular as regards the appearance and disappearance of the menses. The pains in many instances, very much resemble slight labor pains when labor first commences, some females are confined to bed at such times and suffer very intensely from the severity of the pains.

This state of suffering is caused by cold, and an inactive state of the digestive organs, carelessly wetting the feet and neglecting to dry them, walking in cold damp night air and various imprudences. I once knew a female who would slop around in the cold water with her feet exposed to it, all the time; in this condition, she would wash all the floors in a large house, though she was sensible at the time that it would cause her a great deal of suffering from painful menstruation accompanied with a violent headache, she would generally get relief by drinking a strong tea of rattle root, or blue cohosh. I have since learned, she has entirely ruined her health. Spasms of the uterus are sometimes produced before and after menstruation, accompanied with cold hands and feet, a feeble pulse and a palpitation of the heart, which is best remedied by brisk friction of the surface preceded by the stimulating wash (see compounds;) the vapor or shower bath, and then taking frequently equal parts of Cayenne and pulverized skunk cabbage root

in doses of about half tea spoon full in sweetened warm water.

The use of the Lancet, Calomel, Arsenic, Nitre, Opium, Digitalis, Stramonium, Henbane, Monkshood, Ergot, Iron, and Steel, and ten thousand other unnamable potions and potations, worse than Daniel's compound to slay the Apocryphal dragon, are all, or any of them, capable of so far destroying the vitality of the organs, as to produce these effects, and should, therefore, be carefully avoided. Cayenne pepper and blood root, finely pulverized and taken in half tea spoon doses, is an excellent remedy for painful menstruation.

Frequently those who are subject to derangement of the menses, are taken with a sudden and violent pain and cramp in the stomach. I always give, for such difficulties, enough of the anti spasmodic tincture (see recipe) or tea of lobelia, to produce full vomiting, (for it is caused by a foul stomach,) then some stimulant as No. 6, composition, Cayenne, &c., which affords immediate relief.

CHAPTER XV.

PAINFUL AND SUPPRESSED MENSIS.

It is very frequently the case, that females cease to menstruate the full period of from four to six days, and sometimes it continues but a few hours, and that, perhaps, at no regular period, sometimes in three, or even not until the lapse of six weeks; and it is then often attended with considerable pain, the pain coming periodically and resembling slight labor pains, commencing in the loins and passing round and pressing down with darting and sharp pains, down the inside of the thighs. This state of affairs is generally caused by taking frequent colds, damp and wet feet, foul stomach, blood-letting, and the use of poisons for medicines. A general and gradual decline of health, nervousness, sallowness of the skin, dullness of the eyes, palpitation of the heart, hot flashes in the back and sides, sometimes across the eyes and forehead, soreness of the breast, &c., are the symptoms that generally follow painful and suppressed menses. A general bloat of the body and limbs ensue, dropsy or consumption is superinduced, and, if not properly treated very soon terminates in death.

INDICATIONS OF CURE.

To restore the functions of the digestive apparatus, by cleansing the stomach and bowels with emetics and gentle laxatives, as: Bitter root, Butter nut, Dandelion, and Colombo; and then giving them tone with stimulants and pure bitter tonics and laxatives, as: Cayenne pepper, Golden seal, Balmony, Poplar bark, Peach, &c. to restore the action to the surface, by the vapor or shower bath, brisk friction with a linen towel, and to promote the menses by the use of Emmenagogues, as: Rattle root, Tansy, Penny royal, Rue, &c., (see recipes.) It is not proper to use Emmenagogues first, as the other parts of the system, (before the menses can be brought on in a regular manner,) must have a healthy action.

CHAPTER XVI.

IRREGULAR AND FREQUENT MENSIS.

Females sometimes menstruate too frequently, and that without any given period. Sometimes every two or three weeks, and that very profuse, differing in quantity and quality at

different times, being of a thin, watery consistency, and without much pain, but with weakness in the loins, general prostration of the strength, feebleness of the knees, paleness of the countenance, and a general languor. This state is not unfrequently attended with *prolapsus uteri*, or (falling of the womb,) palpitation of the heart, faintness, loss of appetite, costiveness, and a general inactivity of the digestive apparatus.

The stomach, is most generally in fault and frequently is loaded with cold phlegm, the hands and feet are generally cold, and even in the warmest weather, but little circulation is performed in the lower limbs. Tonics is the class of medicine that is generally indicated, and should be used, but it should be *vegetable tonics*, not *Iron*, *Arsenic*, *Steel*, or any of their preparations. The strength procured from such medicine is only created by the excitement that the substance creates in the system from its deleterious effects, consequently continue but a short period, and then leave the system in a debilitated condition. But vegetable tonics and stimulants, as Golden seal, Unicorn, Yellow poplar, Cayenne pepper, &c., have a more natural, salutary, and lasting effect upon the system,

TREATMENT.

The stomach should be cleansed by a gentle emetic, then the bowels by a mild laxative, followed by a stimulating injection, which should be repeated morning and evening, the astringent tonics should be used, as Bayberry, Unicorn, Birth root, &c., the surface should be treated with the baths, friction, &c.

CHAPTER XVII.

IRREGULAR AND UNFREQUENT MENSIS.

This has no periodical regularity, but from five to seven weeks apart, and sometimes as many months, it is sometimes the case that the fluid discharged, is of a dark red color, thick, ropy, and fetid, of a bad odor, and not unfrequently clots of this matter remain in the womb without being suspected, and produce various degrees of nervousness, and an irritable state of feeling. A general state of debility, weakness and languor, is not unfrequently the consequence. The term of the menses is frequently irregular, sometimes remaining on the female from six, to eight or ten days with but

little discharge, during such a period, hot flashes of pain, weakness in the back and loins, accompanied with a dull heavy feeling of drowsiness, difficulty to arouse from sleep, strange languor, and want of refreshment procured by sleep, a frequent shortness of breath and appearance as though the lungs were compressed, this generally arises from sympathy and weakness of the nerves.

There is frequently a short dry cough, bloating of the abdomen, lower limbs and face, canker of the mouth, and also of the vagina, and at different times a sense of heat over the different parts of the body, accompanied with a rather distracted state of the mind. These are the most prominent symptoms. From this state of the uterus, and the suppressed discharge, various forms of disease have their origin, which are seldom traced to their true cause, by the common physicians of the day, and are, therefore, seldom properly treated or removed. Thousands of young mothers, and virtuous and lovely women, by this state of the uterus, are plunged into an untimely grave, not from the necessary result, that such a state of suffering would produce; but, by the repeated attempts of the would be medical men of the day, to do something; to administer some drug,—for some unknown, uninvestigated, and unsuspected ‘disease,’ (more properly cause of disease,) the symptoms of which they neither understand

nor comprehend. This state of debility can be relieved and removed, and the organ restored to its primitive health, without producing either weakness or disease; and that too, by using sanative botanic remedies. For the treatment, see Suppressed menstruation, Compounds, Ways and means, &c.

CHAPTER XVIII.

PUTRID OR POISONOUS MENSIS.

This state of menstruation is not very common; but I have seen several cases in my practice, and some of a very aggravated character. This form of menstruation is scanty and painful, and the fluid is a thick, ropy, putrid substance, and of a dark brick color, possessing the property of irritating and inflaming the labia and vagina, so as to make them tender or extremely sensitive. Such menstruation is irregular as to periods; and its duration is sometimes regular but scanty. After it subsides, it leaves the vagina and labia pudendii dry and irritable, itching, sometimes with a sense of heat, at intervals of a few days apart. Some times the menstrual fluid is so acrid and irritat-

ing, that it creates an itching and a scabby eruption over the parts with which it comes in contact, as the thighs, &c. Some time after menstruation ceases, say from a week to ten days, more or less, a matter of a yellow cast exudes from the os uteri, possessing the same irritable properties as menstrual fluids. It frequently continues to annoy and distress the female for months and even years; it is most common about the final cessation of the menses. Notwithstanding the regulars make out this form of disease to be exceedingly difficult to remove, yet it readily yields to the salutary influence of botanic medicine.

The general health in such cases, is much in fault, and the blood in an impure state, the stomach is exceedingly foul or "out of order;" the bowels generally costive, and the urine high coloured and of a bad odor.

I have seen some very aggravated cases, and I have had the pleasure to see health and vigor once more restored to a natural state, therefore I have much faith in Botanic (or rather physiological) medicine in this form of disease. I knew one very bad case entirely cured by drinking a tea of the leaves of witch hazle, and golden seal. This disease is accompanied with a variety of symptoms, that are common to other forms of irregular menstruation, but more particularly the cankered mouth and throat.

When such females conceive and bear children, the milk partakes of the same poisonous property frequently reducing the infant in a few weeks to emaciation. The only remedy for the child is, first weaning it, then thoroughly cleansing its system, and then toning it up. The ladies all understand the mode of procedure in the first indication, the second by washing the child every evening, with the stimulating wash (see compounds) and by keeping the skin moist and "the fever down;" with a tea made of equal parts of lobelia leaves, peppermint and spearmint, giving it in doses of about two table spoons full every two or three hours as the case requires. Then as the child's tongue cleans, the skin begins to assume a natural color and its general appearance is better, diminish the lobelia and add Golden seal, Gold thread, Sumach leaves or berries, &c. The mother can be relieved by first giving a full course of medicine, and then faithfully using the vegetable stimulants, astringents and tonics before mentioned. Sometimes it will require the direction of a skillful botanic practitioner.

CHAPTER XIX.

PROLAPSUS UTERI, OR FALLING OF THE WOMB.

This complaint is very common to young, as well as married ladies of America. From five to six out of every ten are afflicted with this annoying and painful weakness. There are three causes from one of which it generally has its origin. The first cause is retention of the menses, or permitting a quantity of the menstrual fluid to remain in the womb, until it becomes loaded with a thick ropy matter, of a dark color and of a bad odor: sometimes it is in large clots—in this manner the womb becomes loaded and oppressed. This state of affairs brings on whites, and then the weakness is increased. The second cause of this weakness arises from abortions, or premature births, which destroys the vitality of the womb; and in such cases, for want of proper stimulants and treatment, and from frequent meddling, nature is unable to do her work, and the after-birth is torn away by meddling hands; which destroys its power to contract again.

The third cause which is near the same is the use of ergot (smut rye,) and the careless removing of the after-birth, by the heedless physician, (see chapter XXIX.)

TREATMENT.

I would here remark before relief can be afforded, the general system, and also the womb must be cleansed of morbid matter ; for cleansing of the system, (see ways and means.) The treatment of the womb. Take two pounds of the inner bark of the swamp maple, simmer it in two gallons of water 30 minutes, then strain, use this for a sitz bath as hot as can be borne, and continued every evening, the patient should remain in from thirty to sixty minutes, adding warm water as the bath gets cool, during this time as well as morning and noon, the patient should inject into the womb with a female syringe a strong decoction of the bark with the addition of a little Cayenne pepper, she should use during the day the best tonics and restoratives, also about one-third of a tea spoon full of mustard seed ground and made in pills, with the extract of *dandelion*, (sometimes called *pissabed*.)

A variety of other causes predispose this weakness to continue, until it becomes almost insufferable. The *broad* and *round* ligaments that pass up and down, attached to the uterus, (and by which it is sustained in its proper place,) become from the causes above spoken of relaxed and enfeebled, they lose their contractile power and become distended to such a degree, as to allow the uterus to descend into the vagi-

na, when, by pressing continually on its walls, the passage of the vagina becomes enlarged and the womb comes down so far that a part of its body presses heavily on the *urethra*, (a passage leading from the bladder out) and in the motion of walking, and in the movement of the lower limbs, an irritation and soreness is produced on the neck of the bladder.

The walls of the vagina also become settled, and compressed downward, so as to produce a very sinking debilitating and distressing sensation, (which is peculiar to faintness and prostration of strength,) that forbids the female remaining in an upright or standing position. A pain across the region of the bladder and about the loins seems to accompany this weakness, and not unfrequently the case a difficulty in making water. A peculiar distress at such times denotes the irritation produced by the pressure of the uterus on the *urethra*. I have known cases where the broad and round ligaments have become so relaxed and useless, in retaining the womb in its position, that it has protruded itself into the world and hung out on the outside of the *labia pudendii*, swollen and irritated, and flowing; such cases have been treated by our popular Physicians of the fashionable (and would be scientific) schools of physic and a cure pronounced impossible (they have even tried tying a ligature around the womb in order to remove it.) Their treatment

in this disease is, Bleeding, Blistering, Starving, Poisoning, Freezing, Seatonizing, "Pessaryizing" and almost every other plan of human torment that could be invented. But we have had the gratification of seeing such cases relieved in a short time, and the female restored to a very good state of health.

When falling of the womb is connected with general debility and enfeebled constitution, a consumptive habit, bad cough, night sweats, the nails of the fingers becoming round or oval on the top, the case is a doubtful one, and will in all probability terminate in death. Various artificial means have been recommended as: Bougies, Pessaries, India rubber bottles, &c., placed in the vagina; but I never have known any benefit arise from the use of such articles; but, on the other hand, a great deal of harm. Though our botanic remedies, when properly selected, and thoroughly applied, seldom, if ever, (where there is a sufficient quantity of vitality in the system,) fail to restore the female to comfortable, or even excellent health.

TREATMENT.

Where the symptoms are urgent, as before stated, place the patient in a comfortable bed, lying on the back, with the *pelvis* the highest. Give, internally, a warm tea of Composition and Nervine, use injections of Slippery elm and Lobelia, in the vagina, until the womb is

returned to its proper situation ; then use as-
tringent injections composed of Swamp maple
bark and Witch hazle leaves, with the addition
of a little Cayenne, until the organ regains its
tone. If there be other derangements of the
system, they must be treated as the symptoms
indicate, viz : with Nervines, Antispasmodics,
Alteratives, Tonics, Stimulants, &c. When
the disease is of a habitual or chronic form, the
patient should take a sitz bath every morning,
after the following manner : Take a large hand-
ful, say one pound, of the inner bark of swamp
maple, boil it a few minutes in one gallon of *soft*
water, then add *cold* water enough to make it so
as not to be too hot for the naked elbow, then put
it in a convenient vessel, say a wash tub leaned
upon its edge ; the patient should sit in this
bath near an hour, or even longer, each morn-
ing, using while in, as a drink, a tea of Dr.
'Thomson's composition, and a strong decoction
of the maple with a female syringe in the vagi-
na, with a little Cayenne, or No. 6, adding
warm water as the bath cools. During the
day she should use the ladies' spice bitters,
(see recipes,) with the addition of one part
of ground mustard seed. The patient must
avoid heavy lifting, wet feet, damp clothes,
standing on damp ground or cellar floors, heavy
washings, scrubblings, and, in fact, all hard labor ;
as well as the use of all poisons, especially Er-

got, (smut rye, for that article has caused more diseases of the womb, than any other article in the *Materia Medica*,) and its hand-maids, the "officious meddling," the scientific removal of the after-birth, and tight lacing: for to these causes we can trace most of the cases of falling of the womb.

When I commence writing on this subject, I can scarcely cease, when I take a view of the condition to which the ladies of the United States have been reduced, by a parcel of *would be* learned medical men, (more properly nabobs,) who entirely disregard the *virtue*, the *health*, and the *happiness* of the better part of community; the ladies. If our American ladies would take into consideration, that the doctor's "bread and butter" entirely depends upon the bad health of the community, and that the practice of midwifery belongs entirely to themselves, that the chamber of Parturition is the place for no male except the husband, (or the child.) Then the life destroying agents, as the *Blunt Hook*, the *Crotchet*, the *Forceps*, the *Lancet*, *Calomel*, *Arsenic*, *Nitre*, *Opium*, *Digitalis*, and *Smut Rye* would soon be banished from the land; as also, would those gentlemen of the *Blue Pill*. Just let any mother for a moment consider the operation of tearing out the entrails of a living child, or *Boring* out the *Brains*, or tearing off an arm—is it not

enough to make Humanity shudder at the thought?

Excess of *venery*, (or sexual intercourse,) is often the cause of Prolapsus Uteri, and we have reason to fear, that there are many husbands who do not consider female weakness, but who give full scope to their passions, and thus bring a great amount of suffering upon their lovely wives. I knew one case brought on in this manner: the lady was obliged to have a physician called in the morning and she kept her bed several days. If the menses are suppressed, the system should first be restored to its natural tone, (as much as possible,) before powerful Emmenagogues, as Tansy, Rue, &c. are given, as they greatly increase the action of the womb, and so of course they would not be of advantage; but after the organ has regained its tone, then any of the articles recommended for suppressed menses, may be used.

But avoid Aloes and drastic Purges, all the preparations of Iron, Steel, Arsenic, Mercury, Antimony; all vegetable Poisons, as Opium, Stramonium, Night Shade, Poison Hemlock, Digitalis, (or Fox Glove;) and all Patent Nostriums, Sugar Coated Pills, &c., or any other article of medicine, that you do not know the name and nature of.

CHAPTER XX.

SPASM OF THE UTERUS, OR CRAMP IN THE WOMB.

Perhaps there is no pain connected with the various sufferings of the female constitution, that is so agonizing and acute, as the spasmodic action of the unimpregnated uterus. It is not unfrequently taken for inflammation of the bowels, by some of our learned medical geniuses of the day.

With a great deal of plausibility Bleeding and Blistering is resorted to, and purgatives of salts are administered; which increase rather than remove the difficulty, by increasing the spasmodic action of the womb, it also causes the broad and round ligaments, to become spasmodically contracted, and the suffering is much protracted. The uterus or womb seems to contract, or draw into a hard lump, sometimes the ligaments become contracted on the one side only, the pain is then felt just above the hip bone. A hard lump may be felt with the most acute and agonizing spasm, and it is not unfrequently the case, that all the ligaments connected with the womb, are spasmodically contracted at the same time, and the womb is then sustained in the centre of the abdomen, a

little below the navel, in the most acute periodical spasms, of from twenty minutes, more or less apart. The extremities become cold, the pulse is low, the countenance generally pale and of a bluish color. The abdomen is sometimes warmer than usual, from the painful contractions within. This disease prostrates the female instantly, and sometimes extends its spasmodic action all over the body and limbs, and produces fits of rather a serious character. A severe pain in the head and back part of the neck; with a contraction of those muscles and tendons leading up and down the back part of the neck, sometimes precedes an attack of this kind. The parts are frequently left weak and sore after the spasmodic action ceases.

This state of affairs is frequently produced by habitually using Salts as a purgative medicine; Nitre, Soda, or any other "cooling medicine." It is frequently caused by wetting the feet, or being exposed to cold, damp air, immediately before, during, or after the period of menstruation; standing on cold damp ground, as cellar floors and other like imprudences, or it may originate from very cold food, or drink taken into the stomach, from cold phlegm, or a cold and debilitated condition of that organ. A chill generally precedes an attack of the spasms.

Bleeding should be particularly avoided, as it only increases the difficulty and destroys the

vitality (or the power of life.) Females are frequently Bled and Blistered, Purged, and dieted for three or four weeks before the spasmodic action is allayed. I have treated a number of cases, and some of them were very severe.

In one case, a lady was taken with severe spasms of the womb, accompanied with a dangerous flooding. I first gave an emetic then ordered a good stimulating injection, and kept her in a relaxed condition, with a tea composed of Blue cohosh two parts, Lobelia leaves one part, between the doses of tea, I gave a tea spoon full of a powder composed of equal parts of Birth root and Cayenne pepper, I gave as much of the tea as the stomach would bear; this process very soon gave relief.

TREATMENT.

First cleanse the stomach with an emetic of Lobelia then give warm teas to produce perspiration, as Lobelia and Blue Cohosh, Boneset, Catnip, Pennyroyal, the Mints &c., give the vapor bath if necessary, or bathe the feet in warm water and rub them well, then place a steaming stone at them, if there is flooding use the astringents, as Birth root, Unicorn, Witch hazle, &c., continue the teas, and give Cayenne enough to keep the pulse full, (do not be

afraid of increasing the flooding by hot medicine, for that is all a humbug,) when the pains cease and the patient begins to regain the appetite, give the Restorative bitters. (See recipes.) Half tea spoon full doses of Cayenne often repeated will frequently give relief.

CHAPTER XXI.

INFLAMMATION OF THE WOMB.

This organ in a great many females is very obtuse (when unmolested by foreign matter on its inner surface,) and destitute in a great measure, of acute sensitive feeling, and therefore, inflammation in its first stages is not so readily discovered, as if it were in the breast or some other organ; especially if the patient has been drugged with Nitre, Opium, Dover's powders, Morphine, Digitalis and other Poisonous and deleterious articles given under the name of medicine; whilst their very action on the system is to destroy its tone, and greatly weaken the powers of life.

Under such circumstances "Inflammation frequently commences, continues, and terminates, in mortification," says a learned writer "and

death ensues without any apparent time for the attending physician to prevent such a result."

This organ is more liable to inflammation the first few days after confinement, than at any other period, (but more of this hereafter.) But there is an inflammation of this organ which not unfrequently terminates seriously, about the period of menstruation.

Young females, after taking cold during the first months of their menstruation, are apt to be feverish at such times, and show a good deal of nervous excitement, or even partial delirium, and their utter carelessness at such times is not uncommon, and proves to be the source of great suffering, and not unfrequently death.

The womb becomes swollen and sore. The broad and round ligaments partake of the inflammatory action, the back and sides, the abdomen and the inside of the thighs; become sore, and a strong excitement of the mind from the irritation existing in the womb, producing the most acute pains, are the symptoms of inflammation in some, and in others, when this state of inflammation commences a very glaring and glossy appearance of the eyes, a blue tongue, (i. e. a pale slick dead looking appearance of that organ,) with either a very great depression of spirits, headache and inactivity, or a species of delirium and nervousness, a twitching of the muscles in some instances,

accompanied with a livid paleness, and a slow and feeble pulse. It requires immediate attention. This like most other forms of uterine disease, is brought on by carelessly or accidentally taking cold, and various other imprudences.

Inflammation from cold taken at such times as during menstruation, and neglected (as that organ frequently is, perhaps more from delicacy than design,) in robust and healthy females; the foundation is laid for the destroying of the healthy functions of this important organ, which superinduces many very serious and fatal forms of disease, which are seldom if ever traced to their true cause by the Poisoning faculty, and still less, treated with any degree of skill or success, by them.

Ignorance on the subject of diseases peculiar to females, being so general amongst physicians of the present day, that it is a crying disgrace to the medical profession. I now advise all females to treat any soreness or unnatural swelling of that organ with immediate attention, lest its termination might prove the destruction of the health, if not the life of the female.

TREATMENT.

Inflammation of this organ should be treated on the same principles that inflammation of any other organ should be, (not on the Anti-

phillogistic plan, which consists in Bleeding, Blistering, Starving, Poisoning, Freezing, Burning, Cupping, Leeching, and Seatonizing, &c., insomuch that old Fathier Time long ago, hung up his scythe as useless, and resigned his commission to the regular medical Faculty.) For the treatment of Inflammations &c., see Ways and Means in another part of this book. Also see article on Puerperal fever, suppressed menstruation, &c.

CHAPTER XXII.

SCIRRHOUS STATE OF THE WOMB.

In some instances this organ loses its softness, becomes somewhat compact and hard, and has a peculiar roughness about the os uteri in such instances. "Those that have come under my observation, (says a medical writer,) are not common. The complexion of the female is generally sallow, the eyes somewhat shrunken, with a want of vivacity and expression about them. The lips are inclined to be purple, the tongue glossy and blue during menstruation, which is uniformly scanty, and continues but a few hours, and not more than two

days at most, with a very dark and unnatural discharge, an inactive state of the vagina, coldness, dryness, and a want of flexibility and softness. The passage from the outside to the upper part of the vagina, seems to be contracted and unnatural just previous to menstruation. There is an itching connected with spasms across the lower part of the abdomen, and a sense of faintness. The bowels are generally costive, and this inactive state sometimes extends to the rectum, (or the lower portion of the bowels,) and we have known an instance or two, where the neck of the bladder became affected, that the urine could not be retained. To my surprise, the parts were restored to action, after being thus affected for three years. In one case there was a total suppression of menstruation, and when it was restored, it passed alike from the orifice of the urethra, as well as that of the vagina from the os uteri, and during the period of menstruation, the urine was colored with the menstrual fluid; but it was finally restored to its natural regular periodical stages, the general health of the female being greatly improved."

"A uterus was dissected, that was as scirrhous as cartilage, (or gristle,) its cavity was not much larger than the size a common bean would occupy, and the passage through the neck was not discernible. It had only once contained a Fœtus, and expelled a full grown

child. It is stated by the physicians who dissected the uterus, that the scirrhus state of that organ was caused by the use of Cicuta, (or Poison Hemlock, a popular remedy amongst the old school physicians.) The female was aged about forty." There is no doubt, but that this disease was actually produced or aggravated by the use of Poison Hemlock and its comrades.

TREATMENT.

Thoroughly evacuate and cleanse the stomach and bowels, faithfully followed with the best Stimulants, Alteratives, and Tonics, repeated and applied thoroughly, with the Vapor Bath below the waist. Bathing the feet, using the flesh brush, or a coarse linen towel to the surface, the shower bath and other active means, will assist to promote a healthy action. (See Ways and Means.)

CHAPTER XXIII.

CANKERED STATE OF THE WOMB.

This organ from repeated colds, deranged menstruation miscarriages, bad management

after child-birth, floodings, &c., becomes affected in such a manner as to become very painful and tender at intervals, and the os uteri (or the mouth of the womb becomes swollen with its labia (or lips) turned outward, not hard and scirrhus, but soft large and very sensitive.) During the time between the periods of menstruation, it sometimes discharges a greenish yellow matter. Its effect on the labia, and on the walls of the vagina is to produce a canker and tenderness. It predisposes the vagina to swell and inflame at periods, with a peculiar sense of heat. The uterus at such times, is generally very low down in the vagina.

Walking is very unpleasant exercise at such times. The menstrual fluid is generally scanty, with but little or no color, and so affects the parts during its periods, as to produce much unnatural heat and irritation of the parts. At times the walls of the vagina, especially after long standing or walking, seem to come down and press as it were together and downward, making the labia appear as if they were swollen and large. The sensation produced in most females thus afflicted, is that of a sickening faintish feeling with a sense of general languor. They are unable to do any kind of work and scarcely able to move about. The health, with this state of the uterus, is usually poor and feeble. The female is generally afflicted with sore mouth, throat, and lips, with

a discharge of a thick ropy saliva, (or spittle,) there is frequently deep looking ulcers on the tongue and inside of the cheeks. A tenderness of the breasts, and ends of the fingers with an occasional, soreness of the flesh, hot flashes running up the *back* at intervals (which is always feeble and painful in this disease,) to the side, between the shoulders, and to the back of the neck, not unfrequently producing a dull heavy headache, pain over the eyes, more like a fullness or pressure to the head, than like a headache, great stupor and inactivity previous to menstruation, a disposition to sleep with scarcely the power to arouse. The pulse at such times, is generally feeble, and the blood vessels small and collapsed, the appetite is ravenous with *stupor* after eating, (caused by overloading the stomach,) at other times there is little or no appetite. The bowels are inactive and weak, seldom moving without physic, which only increases the difficulty. The body frequently bloats, as also does the lower limbs and face at intervals, during the progress of the disease.

The mind is also frequently irritable and anxious. It need not surprise you that most or all of these symptoms arise and exist in consequence of the putrid or morbid condition of the lining membrane of the uterus. The most unpleasant state of mind is produced, under this

afflicted state, as the nerves are painfully irritable.

TREATMENT.

First cleanse the system thoroughly, (see Ways and Means,) frequently using injections to the vagina, composed of the best Anti-canker medicines, Stimulants, &c., as Bayberry, Sumach, Witch hazle or White Pond lilly one ounce, Cayenne pepper and Blood root, each one-fourth ounce, tincture of myrrh one table spoon full, boiling water one pint, use with a female syringe three or four times each day, if too strong add warm water, follow each injection with one of Slippery elm or Flaxseed tea, or Yarrow boiled in milk, retain them several minutes. The bowels should be kept free by mild laxatives, as Butternut extract, Bitter root &c., the skin kept clean, warm and moist, by warm flannel clothes (if it is winter,) the vapor bath, the stimulating wash, friction to the surface, with a rough towel, the feet should be kept warm and dry, the stomach clean by emetics and proper diet. The patient should use at the same time the best Alteratives Tonics, and Stimulants, as Yellow parilla, Sarsaparilla, Burdock, Spikenard, Golden seal, Alder, (a small portion of) Blood root, Sassafras, &c. all or any of them in tea or syrup, or both alternately; also Nervines as Valerian, Scull cap, or the nervine tonic, (see recipes.)

CHAPTER XXIV.

DROPSY OF THE WOMB.

The womb is sometimes disposed to an enlargement and to indicate a soreness on touching it which is more particularly perceived just previous to the period of menstruation, the general health of the patient at such times is somewhat deranged, the countenance is pale or sallow, the appetite fails, the mind is uneasy and restless. The discharge from the uterus during the period of menstruation is profuse, but on its first appearance is of a light yellowish color, and as it continues it becomes thinner and less colored until it becomes transparent like water. There is a weakness of the back, and a general languor of the whole system. The menses is irregular frequently delaying beyond the time, and in some instances is filled with dark clots, and the other part is a thin, slippery, watery substance of a bad odor. The womb is generally low down and frequently with its mouth open, slight febrile symptoms accompany this form of disease about the period of menstruation.

The urine is high colored frequently suppressed, or passing off in small quantities fre-

quently being thick and of a bad odor, leaving a dark brown sediment on the bottom of the vessel. The bowels are costive, sometimes moving but once or twice a week. Exercise as standing or walking, produces uneasiness and bearing down pain.

A predisposition to bloat is perceptible, and a tendency to general dropsy. A dropsy of the abdomen alone sometimes sets in, accompanied very frequently, with a shortness of breath, (which is frequently a symptom of dropsy of the chest.) These symptoms may be considered as dangerous. Dropsy, with the old school physicians, can seldom be arrested; but is treated by Tapping, Drastic Purges, Digitalis, &c., whilst our Botanic Physicians generally treat it with success; and frequently, after the patient is given up as hopeless, by the professedly *learned* Medical Faculty.

TREATMENT.

First cleanse the system, (see Ways and Means,) then maintain the action by the use of the Vapor or shower Bath, Friction to the surface, &c., giving internally Diaphoretics, Diuretics, Laxatives, Stimulants, and Tonics, as they may be indicated.

The best Diuretics are, Queen of the Meadow Roots, White Elder Bark, Juniper Berries,

Scouring Rushes, Bitter Root, Indian Hemp, Clivers, &c. (For preparation see recipes.)

Note.—As this work is designed for females particularly, and dropsy will generally require a skillful physician, I have said but little concerning its treatment. But I would here remark, that it should not be treated with Drastic Purges, or Poisons, as Colocynth, Digitalis, &c. &c.

CHAPTER XXV.

INFLAMMATION OF THE OVARIES.

It is frequently the case, that many females suffer much from this form of disease, although but little suspected. The symptoms are, first, the appearance as though two small kernels were placed on each side, about the size of a walnut, or rather under the womb, next to the back. Sometimes a soreness is felt, at other times inflammatory symptoms set in, disappearing and returning at various intervals: its period of return being most generally before the period of menstruation, sometimes, however, just after its disappearance. It is very aggravating and the cause of much suffering to the female,

as she cannot endure the least jar of the foot-step, as in walking, without very sensitive pain darting up from that point, passing upward and very acute. The natural moisture that lubricates the walls of the vagina, becomes profuse, and of a thick ropy appearance, and having a bad odor. During the absence of the inflammatory symptoms, there is a profuse discharge similar to Fluor Albus, (or Whites,) and having a bad odor. If the difficulty is not removed the vagina soon becomes cankered, and it also produces a very irritable state of the womb. Sometimes this disease produces sudden death, by terminating in mortification. Under these circumstances, the abdomen below the navel, in the region of the ovaries turn purple after death. Numbers of delicate females thus lose their lives without the least knowledge or suspicion of the seat or cause of the disease, even on the part of the physician.

TREATMENT.

Indications.—1st. To relax the system thoroughly. 2nd. To invite the action to the surface. 3rd. To remove all morbid materials, from the system, by stimulating the vessels to a healthy action. 4th. To tone up the system in order to maintain the action gained.

To fulfil the two first indications, the Lobelia emetic and the Vapor bath are the best means

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yet known, the third, by the use of Cayenne, the astringent and depurating medicines, &c., if there are symptoms of mortification, the tincture of Myrrh, Birth Root, Cayenne, &c., should be used freely and perseveringly. After the inflammation ceases the various symptoms should be treated as they are indicated, but in all cases the female syringe should be used with relaxing, stimulating, and emollient teas as, Lobelia, Cayenne and Slippery Elm. Avoid Bleeding, Poisoning, &c., keep the feet and skin warm moist and clean, - the bowels and stomach, clear and active, &c., (see Ways and Means.)

CHAPTER XXVI.

FALSE CONCEPTIONS.

Cases of false conception sometimes take place, even when there is nothing of the kind suspected, and therefore no primitive symptoms can be ascertained. The symptoms generally are scanty menstruation, sometimes nothing but a show appears, or perhaps no appearance at all. A sense of fulness is felt, but frequently no enlargement of the abdomen, a

sinking, languid, fainting sensation affects the female at different periods, perhaps every three or four days or even oftener. The breasts frequently become tender, and towards the termination of nine months they will fill up and swell, the milk will flow freely from the nipple, and frequently nearly all the symptoms of a true conception, but when these symptoms exist *without* the enlargement of the *abdomen*, false conception may be strongly and justly apprehended, (Imperforation of the hymen is sometimes mistaken for *true* or *false* conception,) after a certain period of time, the female will be attacked with symptoms of labor, and frequently a substance will be expelled of various forms, sizes, and shapes, &c. The treatment for this form of disease should be as the various symptoms indicate, but the remedies should always act in harmony with the laws of life. This form of disease is of rare occurrence.

The following is a list of the names of the members of the American Medical Association who have been elected to the office of President of the Association for the year 1911.

The President of the Association for the year 1911 is Dr. J. C. Brainerd, of Chicago, Ill.

The Vice-Presidents of the Association for the year 1911 are Dr. J. H. Hays, of New York, N. Y., and Dr. J. H. Hays, of New York, N. Y.

The Secretary of the Association for the year 1911 is Dr. J. H. Hays, of New York, N. Y.

The Treasurer of the Association for the year 1911 is Dr. J. H. Hays, of New York, N. Y.

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PART III.

CHAPTER I.

MARRIAGEABLE STATE.

“It appears to be an evident fact, that women are entirely incapable of *true* conception or of bearing children, until after the commencement of menstruation: And it is equally self-evident, that they ought not to be put to the trial until at least three or four years after this occurrence.

In many places young ladies are considered marriageable at the age of fifteen, which is, beyond doubt, in many instances, the cause of many broken down constitutions, and also, of many feeble and delicate children. In the Southern States, young ladies are considered marriageable from sixteen to twenty years; and in the northern States from eighteen to twenty-five. But I would here advise every young lady who knows herself to be so deformed as

to render child-birth impossible, or even dangerous to both mother and child," not to marry, under any circumstances whatever, (unless a certain knowledge of an inability of procreation in the opposite sex.) -

If asked how they are to know this, I answer, that the greatest difficulty in parturition arises from deformities of the pelvis by the disease called the Rickets; every one knows whether she has had the disease. Or deformities might be caused by accident, as by having the pelvic bones fractured, &c. This is also well known to the lady.

Any serious deviation or deformity of the pelvis may be easily discovered, by careful examination of the exterior surface, by the female herself or by some confidential *female* friend, by an examination and comparison of it with the description of a well formed pelvis. A certain learned writer says: "All deformities of the pelvis may be ascertained, with a sufficient degree of accuracy, by the touch of the finger. An absence of genital organs, or deformity of those existing rarely occurs except from accidental causes."

Deficiency, or an irregular menstruation is not, however, sufficient to deter a lady from entering into the married state. For such connexion is frequently found to be the best remedy for such disorders. But a thorough and energetic Botanic course of treatment, (whether

married or not,) aided by the best preventives, as attention to Diet, Regimen, &c., will seldom fail to remove this form of disease.

And, as before remarked, when the hymen has never given way, (which case is very rare,) the menstrual fluids may remain in the vagina and uterus, and produces the appearance of dropsy, or, as I have known several instances, the mouth of the womb become closed by a morbid growth of membrane, and to retain the menstrual fluid for several months, producing the appearance of dropsy, or pregnancy; but after a few months would give way and produce symptoms and the appearance of abortions.—In this way the virtuous are sometimes accused by the ignorant; but this form of disease is easily detected by an examination with the finger, (or a proper instrument,) and is quite as easily remedied by severing the membrane with a sharp knife or other suitable instrument. The hymen is sometimes found so strong as to prove an entire barrier to sexual intercourse. Cases have occurred where ignorant husbands have applied for a divorce, in consequence of this difficulty, instead of performing the safe and easy operation of severing the membrane, which operation would be best, if the orifice be only partly closed; from the fact, that in delicate females, the first sexual union is generally productive of as severe pain as those of actual labor. (Husbands should duly consider

this matter.) As the hymen, in many instances, is not ruptured until the first union of the sexes, many have thought this a necessary proof of virginity. But its total destruction, (if it ever existed,) in infancy, is so common, that authors who never saw it, have doubted its existence.

CHAPTER II.

OF UTERO GESTATION, OR CONCEPTION.

By impregnation, in all ordinary cases, one of the ova is detached from its place in the ovary, and conducted in the course of about twenty days through the fallopian tubes into the uterus. It is surrounded by two membranes, the inner one is called the *amnion*, the other is called the *chorion*. The former encloses a fluid in which the *embryo*, (or child in its recent state) floats. At first these membranes are separated a little by a glutinous substance, but they afterwards come nearly or quite in contact. The *amnion* is thin, transparent, and smooth, without the *appearance* of vessels. The *chorion* is nearly similar, but of a rougher texture.

From the moment of conception, a membrane commences to form on the inside of the uterus called from its transient existence the *decidua*, its situation being displaced by the introduction of the ovium and its membranes into the uterus.

Soon after the ovium enters the uterus, its membranes are united with, and incorporated into the decidua, in such a manner as to be inseparable after the second month. The decidua is also firmly attached to the walls of the uterus, generally at the fundus.

When this union is effected, the chorion and decidua permit their vessels to interlock through their whole extent, so as to establish between them a union, similar to that between the arteries and the air cells in the lungs. The amnion and the chorion encloses a fluid called *the waters*, (*liquor amnii*,) in which the *fœtus* floats from the commencement to the end of pregnancy. It is sometimes transparent like water, at others, yellow, brown, and green, &c. and of various consistences. It differs also in quantity from a gill to that of two quarts or more. It gives uniform distension to the uterus, protects the *fœtus* against internal injury, keeps the surface of the amnion and the *fœtus* constantly lubricated, and aids in expanding the passage to facilitate parturition.

CHAPTER III.

ANOMALOUS CONCEPTIONS.

Instances have occurred in which the fœtus remained attached to the ovary, others where it stopped in the cavity of the pelvis, others where it lodged in the fallopian tubes, and yet others where it made its bed in the walls of the uterus, instead of the cavity; and in all these situations it has come to maturity and been delivered, sometimes by dying and then rotting a hole through the walls of the abdomen, and then being discharged by peacemeal, and others by the knife of the surgeon. Such cases however rarely occur.

"I have known one," says a learned writer, "that carried a fœtus twenty-four months, when, by a course of medicine it was discharged dead and partly wasted away. I knew another to be retained as long, and the last time I saw the patient, she was attending to her little shop, in tolerable health, how she fared afterwards I know not."

CHAPTER IV.

UMBILICUS AND PLACENTA.

Attached to the *umbilicus* (or navel) of the fœtus, and of various length, about half a yard in the full grown child, is a small *chord* (or cord) composed of one vein and two arteries, and surrounded by extensions of the chorion and amnion, through which it passes to the decidua, where it expands into a circular cake of various sizes, thick in the middle and thinner at the margin, (or edges.) The outside is attached to the inner surface of the uterus by a thin membrane so delicate, that the least bending will crack it, and produce hæmorrhage, (or flooding:) in the cord are observed one vein and two arteries, the vein is to carry the blood from the placenta to the fœtus, the arteries to carry the blood from the fœtus to the *placenta*, (or after birth,) these are buried in a substance composed of the amnion, chorion, and a ropy fluid. The vein is larger than both arteries.

The placenta renovates the blood of the fœtus as do the lungs that of an adult. For this purpose the arteries and veins of the uterus so completely intercommunicate with those of the

placenta, so as to bring each and every one of either into such a nearness to some one of the other, as to render the contact similar to that of the air in the lungs of the mother, with that of the blood. Thus the *fœtus* is supported and built up by a secretion from the blood of the mother, through the membranes that separate the respective vessels, not by the blood of the mother circulated through the *fœtus*.

CHAPTER V.

CHANGES IN THE UTERUS.

As soon as an ovum is impregnated, a large portion of the blood is directed to the uterus, the little crooked vessels enlarge and straighten till the largest sometimes become, at the end of pregnancy half an inch in diameter. During the period of the first seven months, the *fundus* and *body* of the uterus are mostly distended, after that period the neck continues the development, till at the full period, nothing of it can be discovered save the *os uteri*, which is generally a little open.

CAUSE OF LABOR PAINS.

The fibres composing the uterus, relax as the size of the fœtus increases, until their elastic power is exhausted, when they commence a contractile reaction, to the fœtal resistance to which is owing, the disagreeable sensation called labor pains. As the fœtus still enlarges, these pains become more frequent and insufferable, until by a mighty succession of efforts they cause the uterus to discharge the offending cause.

FALSE PAINS.

The only difference between *false* and *true* pains is, that false pains take place at any period of pregnancy, when from any cause the expansion of the uterus does not correspond with the growth of the fœtus.

Thus a sudden cold or fright which creates spasms of the nerves and muscles, produces abortion. Pains which partially affect the uterus during labor, are called false, though perhaps more severe than those that are equally distributed over the uterus so as to produce the desired effect.

CHAPTER VI.

SIGNS OF UTERO GESTATION.

The uterus is supposed to be in the most favorable condition for *conception*, or impregnation, directly after the periodical cessation of the menses. It is frequently the case that women know the very moment it takes place, sometimes they discover its effects in a few days or weeks, sometimes a few months elapse before they discover it, and sometimes they are in doubt even till they are in actual labor. I once knew a lady that would not believe herself pregnant, or in labor until after the child's head was born, neither would the bystanders believe it to be the case until they saw the child; she had been treated by one physician four or five months for dropsy, and by a German physician sometime for liver complaint, she was taking his medicine at the time labor commenced; so you see doctors make mistakes as well as other people; but, says one, who shall decide when doctors disagree. I answer let *common sense decide*. Many such mistakes are made, an instance occurred in Maryland a few years ago. Two M. D's. (Poisoners,) treated the patient for dropsy, and finally gave her up as

incurable. The father called in a Thomsonian who steamed the living dropsy into the world. The cause of such things is in consequence of the different constitutions, temperaments, states of health, &c.

CHAPTER VII.

FIRST SYMPTOMS OF PREGNANCY.

Among the first symptoms of pregnancy, (as well as can be ascertained,) there is a sensation of uneasiness felt by the female, just below the navel, either to the right side or to the left, in its commencement, but it is felt generally only on one side at the same time. If this sensation is felt distinctly on both sides at the same time, twins may be justly suspected, slight twinging darting pains at various intervals, returning and terminating at each time with a peculiar faintish feeling at the pit of the stomach, or in the chest, a slight *nausea* or sickness, which is accompanied with a peculiar languor. There is also the sensation of the absence of a brace in the abdomen or belly, with a crawling uneasy and sensation of *vacancy* in that region. The pulse for the

first two or three days is generally languid and weak, the bowels frequently refuse to move and for a time appear to lose all their action, so much so, that a common physic given (unless combined with stimulants,) at this period, very frequently has little or no effect. A loss of appetite, dizziness, or headache, frequently ensues, and the female is predisposed to seek rest by reclining on a bed, but is seldom able to sleep, at such times the mind is somewhat uneasy and irritable, and in many females the nerves are excited to such a degree that violent exercise would prove injurious.

Though this is an outline of many of the symptoms of pregnancy, yet pregnancy may exist without any of these symptoms, or all these symptoms may occur without the female being pregnant. There is one symptom, however, (though rather peculiar,) that generally is a pretty certain sign of pregnancy, viz:—that of a strange unnatural appetite, as a desire for eating green fruits, as Grapes, Plumbs, Apples, Cucumbers, Clay, Chalk, &c. The female will eat those articles with great relish.—This sign is a pretty sure indication of pregnancy. It will be remembered, that some females whose feelings are somewhat obtuse, (as they are of a lymphatic temperament,) consequently less excitable than others, conceive, or become pregnant, and scarcely know any thing about

any change at such a time, and do not even suspect it until after the cessation of the menses, and even then are unwilling to believe such a thing. Many who bear children do not see any appearance of menstruation from the birth of one child to that of another, often without any perceptive knowledge of their situation. But there is a sign which accompanies many, i. e. a faintness on rising in the morning, with sickness and vomiting, and a disgust at the smell of victuals, cooking, &c. This continues more or less through the whole of the first months, and denotes pregnancy.

CHAPTER VIII.

FIRST MONTH OF PREGNANCY.

In this month, the breasts of the female frequently stiffen, with somewhat of an enlargement and a slight soreness, with slight tingling darting pains through them. Towards the close of the month is the period when the return of the menses may be looked for, as this is the first time of its ceasing from a natural cause. In some females, especially those who

have painful menstruation, or who have painful feelings just previous to its appearance, such symptoms will be likely to exist, though, in all probability, there will be no appearance of the menses. At such times the usual sensations about the head, and other symptoms generally attending menstruation, will frequently be perceived; but they will be sufficient only to designate what would have taken place, had there been no *natural* barrier. It frequently happens, that such feelings are experienced at the end of every month throughout the whole period of pregnancy. Whilst in some females little or no effect is produced, except the cessation of the menses, in others there is a senso of fullness and heat about the head, with excitement of the nerves, and a disposition to weep; this state of affairs generally lasts four or five days, or about the length of the menstrual period: it then gradually wears away.

Many are of the opinion, that conception cannot take place at any other time, than about three days before the menstrual period, or four or five days after; while others differ from this, and limit the time to nine or ten days; whilst others are of the opinion, that a female may become pregnant at any period, but, that it is far the most likely to happen about the menstrual period. This is the most plausible theory; but, there is one thing quite certain, that

a female is far more liable to become pregnant if the organs are laboring under a considerable excitement; (consequently excess of *venery* causes a debility of the organ, by overtaxing them, so that little or no desire for sexual intercourse exists, hence the act of coition produces little or no effect.) I say this is the case with those who indulge in this habit *often*. But, says the inquirer, (who has been listening all this time in anxious suspense,) what do you call *often*. I reply, that for those who enjoy good health and do not labor too hard, *once a week is often*; for other classes, say once or twice a month. And, here, let me take the liberty to say, that the time when this is the least injurious to the system, is the morning, as then the absorbents have taken up the quantity of semen that is required for the nourishment of the system. consequently it does not produce so much prostration. A hint for the wise.

But, to return to our subject; if the female have had a sound constitution, and a regular periodical menstruation, should this cease, (other circumstances being favorable,) the lady may justly apprehend, that conception has taken place; and may hopefully look forward to the termination of the period, of about two hundred and seventy-four days, or thirty-nine weeks and one day, when the image of God shall be brought forth in its state of innocence and purity.

"But women do sometimes menstruate during the first months of pregnancy." This may be in consequence of a surplus of nutritious matter being secreted by the uterus, consequently it is thrown off, in order to prevent the vessels from becoming engorged. It has also been asserted by medical writers, that women do sometimes menstruate during the whole period of pregnancy. With regard to the truth of this assertion I cannot say.

All the peculiar symptoms should be treated the same as though they presented themselves in a subject who was not pregnant; but, as the symptoms are not generally dangerous, they should be treated by mild means; but it is necessary for some means to be used to allay the symptoms, as they do not necessarily exist, in consequence of pregnancy, but in consequence of a debilitated constitution. (See Ways and Means, Compounds, &c.)

CHAPTER IX.

SECOND MONTH OF PREGNANCY.

It is very common for females, who are inexperienced in this matter, to enter this month

very doubtful as to their condition; and it is generally anticipated by them, that there will be a return of menstruation, there generally being not much notice taken of other symptoms. But the fullness and soreness of the breast will continue; and then, on examination of the nipple it will generally be found protruded, and on compressing it a small portion of milky substance will exude from the nipple, and it will very frequently continue in this condition until the beginning of the seventh month. If the female is of a nervous temperament, there will be a constant state of excitement, consequently she should avoid exciting company, tales, fables, pictures, &c., and should take moderate exercise in the open air. If the bowels are costive, use Exercise, Coarse Bread, Ripe Fruits, or a little laxative medicine; not Aloes, Calomel, or Blue Pill, or even Salts, but a little Butternut Extract, Dandelion, or Bitter Root, &c.

Very fatal consequences ensue, in consequence of great nervous excitement, as sudden frights, fits of laughter, ague, &c., it is also said, that certain species of the imported teas have a very deleterious effect on the womb: chocolate is much better. The diet should be light but nourishing.

AREOLA.

The reddish brown circle surrounding the nipple is called the *Arcola*. About the middle

of this month this circle begins to widen, and changes from a lightish red color to a mahogany brown. Many place great confidence in this change—others consider it very uncertain; but there is one thing certain, that there is none but the lady herself can benefit much by this sign, as there are scarcely any two that are alike. The sickness also continues during the whole of this month. Vomiting generally commences about the middle of this month and continues, whilst in others, vomiting does not take place; but the appetite becomes vigorous, and all those other peculiar symptoms remain dormant. This at once proves, that all the disagreeable sensations do not necessarily follow pregnancy, but are caused by an impaired constitution; and that there is an *unnatural* cause for all this disturbance: hence the symptoms, as they occur, should all be met with proper treatment, to assist nature to remove the offending cause.

The vomiting is best remedied by a mild Emetic of Lobelia Tea, made of the leaves and pods. The faintness, &c., by drinking freely of Ginger, or Composition Tea, &c.; but it is not a good plan to use Saleratus or Soda to sweeten the stomach when sour, for it leaves it in a debilitated condition.

CHAPTER X.

THIRD MONTH OF PREGNANCY.

By the time this month arrives, the doubts generally begin to disappear. The abdomen now begins to enlarge, the countenance denotes symptoms, (previously doubted,) of a confirmed character, the eyes become enlarged in appearance, and become quite watery, the countenance has a pale and rather inclines to have an unnatural appearance, as though the patient was "losing flesh." The tenderness and fullness of the breast continues. In many instances when the proper treatment is not adopted, the sickness and vomiting increases to several times each day, and with some females, almost every meal is thrown up, together with a kind of *mucus substance*, which sticks in the throat and causes the female to strain in the effort to vomit, until she becomes exhausted. Costiveness, bearing down pain, general weakness and debility ensue, and before the close of this month, with a great many females, miscarriage, and a long stage of protracted debility, flowing, and not unfrequently death, are frequently the result of bad treatment.

The third month with slender and delicate females is generally a precarious period, sometimes the kidneys and back become so weakened that in some instances the female is confined to her bed. The stomach frequently becomes bloated in consequence of the food fermenting on the stomach; to remedy this, first cleanse the stomach, then use Golden seal two parts, Yellow parilla one part, Bitter root one half part, in fine powder, use enough to keep the bowels loose, use browned (toasted) bread, but little sweets of any kind, drink but little while eating or for an hour or two after each meal, use but little grease. (For farther directions, see ways and means.)

CHAPTER XI.

FOURTH MONTH OF PREGNANCY.

It is frequently the case that after females enter upon the *fourth* month of pregnancy, that the sickness and vomiting cease, the bowels become regular, the appetite is good, the sleep is undisturbed, and the organs seem to all regain their former vigor, and all seem to act again in perfect harmony, this, I say is the case

where the constitution is sound, or where the proper means have been used to remove all those disagreeable sensations that are apt to occur the first three months of pregnancy. The uterus now quits the cavity of the pelvis and ascends into the abdomen, which causes the abdomen to gradually enlarge in the form of a round protuberance just above the pubis, (whilst dropsy causes an enlargement over the whole of the abdomen, and by pressure on the one side of the abdomen, the other side will enlarge in proportion if the enlargement be from dropsy, if from pregnancy, there will be a sort of lump perceived, if the enlargement is from bloating, it will vary at different times, being larger at other times, if from fat, it can easily be known, for it will be equally diffused over the system.) There are a great many females who will enjoy better health from the commencement of this month to the end of pregnancy, than though they were not pregnant. For the female constitution is so peculiarly adapted for this purpose that when in this condition, they instead of being out of their proper sphere are only fulfilling the office which was so wisely given to them by the all wise Creator of all things; some, I am well aware, will think this an entire mistake; but I assure them it is seriously true. I have known females who were subject to painful and irregular menstruation, &c., who would be free from all these disagreeable sen-

eatons and enjoy very good health during the whole period of gestation. But as the appetite begins to improve, it is too frequently the case, that the female overloads the stomach with perhaps indigestible food, this ferments, (or sours,) and creates a burning in the stomach, and the sympathy being very great between this organ and the head, it produces fullness and heat in the head, or perhaps violent headache, then instead of using the proper means to remove the *cause* instead of the effect, the patient will be freely bled, which instead of removing the cause, only reduces the vitality of the system, and leaves the female in a weak and debilitated condition, for which she is perhaps Blistered, Starved, Poisoned, Seatoned, Leeches, or Cupped, and finally it terminates in abortion, if not the destruction of the life of the patient, then all this is blamed upon an over ruling providence, "to the all wise Creator, as a warning to others," instead of being laid to the improper treatment she received, though we admit it should be a warning to others, yet we fear too few take it as such. With regard to the truth of these assertions, I leave common sense and every day's evidence to decide.

QUICKENING.

About the middle of this month the motion of the fetus is felt tolerably plain, and in very

nervous females the motions are so strong that it is very disagreeable to the mother, it has in some instances produced fainting, the motion is perceived a little below the navel either to the right or left side. For the weakness of the nerves let the patient make a free use of the nerve powder, or the spiced Bitters, avoid all causes that tend to reduce the vitality of the system, and tho lady need have no fears as regards the dangers of abortions, &c.

CHAPTER XII.

FIFTH MONTH OF PREGNANCY.

The female now begins to experience a sense of fullness, as the *foetus* begins to be of some considerable size, and nature, in her effort to promote the growth of the *foetus*, predisposes the female to eat freely, and of very healthy nutritious food, but in consequence of the female going according to the dictates of a depraved *appetite*, (instead of obeying the indications of *nature*,) the system is overburdened with sweetmeats, rich gravies, mince pies, cakes, and for the sake of variety, three or four cups of hot tea or coffee, and two or three cu-

cumber pickles, (that have been *poisoned* with copper until they are quite green,) together with tarts and puddings sufficient of themselves to make a full meal. When by this mild process of (shall I call it self murder,) the stomach and other digestive organs is over worked, and they soon become unable to perform their proper functions, the food is then no longer digested properly, but ferments and sours, or else *rots* in the stomach, which produces a vast amount of gas, (or as is commonly called wind,) this causes bloating, flatulency, colic, diarrhœa, &c. then in order to hide the enlarging of the abdomen, tight lacing is adopted, this decreases the size of the cavity, (so wisely prepared by nature,) which deprives the uterus of occupying its proper situation, and the consequences are, nervousness, cramps, spasms, bearing down pains, and perhaps abortions; or else it so destroys the *vermicular* motion of the bowels as to produce extreme costiveness, this is neglected until it becomes insupportable, then Aloes is taken as a physic, which in all probability will produce piles of a serious character. (The old school doctor is now at "his wits end," and his only resort is to apply a ligature around the muscle, to let it turn purple, or mortify and fall off, then the lady will be obliged to wear a cloth in order to retain the *fæces*; or should she survive those life destroying operations, and retain the *foetus* until the proper period, it

is then ten chances to one, if she does not have a difficult labor, and then bring forth a poor little puny if not a dead child, after suffering perhaps, more than death itself. Now do not consider that I am exaggerating the subject. I only wish I was. But this is all seriously true, though not necessary, neither do I wish you to think that I am advocating the idea of continually dosing with lobelia, pepper, or steam, far from it, but I do say that these evil effects are not necessary, but, if the ladies would avoid all causes that reduce the powers of life, and attend to the laws of life and health, as is their duty to do, that the *Blunt hook*, the *Lancet*, the *Forceps*, *Ergot*, *Opium*, and all those other instruments of death would soon be laid aside as useless, and *doctors* forever banished from the chamber of parturition, then would there be some hopes of woman again ascending to her proper sphere, that she might no longer be made the object of ridicule, (instead of compassion and honor,) by a set of beardless Students, who are entirely ignorant of the very first principles of obstetrics or midwifery.

CHAPTER XIII.

SIXTH MONTH OF PREGNANCY.

The symptoms attendant on this month differs but little from those of the fifth month, except the size of the abdomen increases in consequence of the growth of the fœtus, consequently the bloating, and costiveness would still increase if not removed by proper treatment. The motion of the child is increased in such a manner as to increase the nervous debility of the mother by disturbing her rest, causing frightful dreams, &c., these should not be indulged or looked after, as it always increases the difficulty, the lower limbs begin to bloat in consequence of the child pressing on the vessels that pass through the pelvis to the lower extremities, thereby preventing the return of the fluids, frequently the veins in the calves of the legs, and knees, become enlarged and gorged with blood, giving them a singular appearance, they are larger in the evening than in the morning, in consequence of the lady being in an erect posture through the day. There is generally about the commencement of this month, the appearance of dark cloudy spots on the forehead, (this most frequently happens to those who are inclined to be freckled,) these

spots grow darker until after delivery, when they assume a dead like appearance, until they finally disappear.

There is frequently a burning in the feet and hands while lying in bed, this is caused by the stagnated state of the blood through the day, and then on lying down the pressure is taken off the vessels, and a reaction takes place. It will be better for the female to take a short rest each day, by reclining on a bed. If there is great burning in passing the urine, the patient should use freely of slippery elm water, or flaxseed tea, gum arabic, &c. Too much sitting or standing should be avoided. It is frequently the case during this, as well as most of the other months, that women are beset with certain likings and dislikings, they will chose those articles which might be supposed to be the most unsuitable for them, though they seldom disagree with them; whilst they will at other times become quite opposed to articles of the most inoffensive and nourishing kind. This they should always be indulged in if possible, (some writers recommend taking a dose of Mandrake physic if the article desired cannot be obtained,) of this remedy I know nothing as regards this peculiarity, but in moderate doses it is an excellent physic.

CHAPTER XIV.

SEVENTH MONTH OF PREGNANCY.

This month, with weakly mothers, is one of considerable uneasiness, as the strength and motion of the child increases very rapidly in this and the two preceding months.

It is necessary for the female to avoid too much exercise, though moderate exercise is necessary. There is frequently slight darting pains through the abdomen, &c., in consequence of the great change which is taking place, also frequently pains in the head and back of the neck, &c. At the same time, it is not uncommon for the female to have a pressing down of the walls of the vagina, and an appearance denoting a fullness or enlargement of the labia, somewhat inclining to open, with somewhat of a heat and dryness of the parts, and an absence of that healthy mucus which lubricates the walls of the vagina. During this month the appetite frequently fails, and the strength of the woman declines rapidly, and slight fever sets in, and in this country it is very frequently of an intermittent character.

If this state of things is allowed to continue, or improperly treated, a premature birth will be the consequence. I have known two or

three patients in this place who were treated with quinine, and Fowlers' solution, (Arsenious acid, or Rats bane and water,) to be delivered about the seventh month of a dead child. Avoid bleeding, it is never necessary and will always be productive of harm. Should symptoms of labor present themselves, the patient should be carried through a regular course of medicine, and afterwards treated according to the symptoms, (see ways and means, &c.) or should there be a sickness and vomiting with a sinking of the child in the cavity of the pelvis, it should be attended to immediately, by first giving a gentle lobelia emetic, using spear mint tea, as a drink during the operation, if the bowels are costive, give a mild laxative as butternut, or rhubarb, if the vomiting continues in consequence of tough phlegm in the throat, the powdered root of Skunk cabbage should be used in half tea spoon full doses, every two hours. The patient should remain quiet in bed, if she is nervous, she should use a tea of cayenne and nervine; and all the various other symptoms as they occur, should be treated accordingly. Should labor come on, it should receive the same treatment as though it was at the full period of pregnancy. But let every female as she values her life, avoid Bleeding, Blistering, and Poisoning, as the use of Ergot, (smut rye,) Calomel, Colocynth, Stramonium, Opium, Digitalis, Nitre, &c.,

CHAPTER XV.

EIGHTH MONTH OF PREGNANCY.

It is the case during this month with a great many females especially those of a spare slender form, that from the rapid growth of the foetus, there is considerable tightness about the abdomen, and uneasy and restless feelings during the night, under these circumstances it would be advisable for the female to retire to bed as early and to perform but little labor, and get as much rest as possible; there is one thing that should have been mentioned sooner, it is this, that the female should always endeavor to maintain a quiet peaceable and cheerful temper, as she values the mild temper of her offspring; in this manner a great many "cross" children might be avoided. There is through this as well as the other latter months, a considerable swelling of the lower limbs. Should the bowels become costive, they should be relieved by some gentle laxative, as before directed, avoiding "cooling," or drastic purges, as they destroy the vitality in a great measure, and invite the determining powers to the internal organs, instead of the surface, thereby causing congestions, visceral inflammations, &c., which might terminate seriously, or even fatally to both

mother and child. It is sometimes the case with some weakly mothers, that they become very languid and feeble, and of an unusual size, towards the middle of this month, and are obliged to keep their rooms and beds. It would seem; as it were, that nature (in her efforts to supply the fœtus,) deprived the female of that portion of her strength that was requisite for her to maintain her ordinary degree of activity. But this is not the case, for such a state of affairs is most frequently occasioned by a foul stomach, in such cases the child seems to be low down in the pelvis, and it is difficult for the female to walk, there is a kind of stiffness and languor that seems to paralyze all efforts to move, all these uncomfortable feelings may be easily prevented or removed by a proper course of treatment, (see ways and means,) there is a thick cold slime on the stomach, which causes all those disagreeable sensations, as bloating, heaviness of the head, pressing down, a feverish state, with but little appetite. I have frequently relieved females who have been thus afflicted, by giving them a gentle *Lobelia emetic*, then giving a little bitters to correct the stomach and bowels, such as have been heretofore directed. If there is scalding of the urine or a difficulty in passing it, use Slippery elm, or Flax seed tea, or a tea of *Asparagus roots*, &c., (see compounds.)

CHAPTER XVI.

NINTH MONTH OF PREGNANCY.

I now come to the last (or ninth) month of pregnancy. In the commencement of this month, there is a predisposition to pain resembling slight labor pains, which symptoms is very likely to deceive the young mother, or those who are unacquainted with this state of affairs, but there is no necessity for alarm under those circumstances, for a free use of a tea made of Cayenne pepper, Nervine, and Red raspberry leaves, or even a gentle Lobelia emetic, and a vapor bath if necessary, will give relief. Let the patient make a free use of a tea of Blue cohosh, during this month, or if this cannot be had, Rattle root will do, adding a portion of Cayenne pepper, she should also use a tea of Slippery elm as a drink instead of water. She should also, take a moderate degree of exercise, with nourishing food, and suitable rest. She should be careful to avoid heavy lifting, and unwholesome food, as cheese, milk, salt meat, &c. (see part second.)

The breasts should be attended to during this month, if there is soreness, they should be oiled with a little sweet oil, or fresh butter, or other soft grease, if the nipples are not promi-

ment, means should be used to draw them out so that they will be in a proper condition for the nourishment of the new born infant, wearing glasses of a proper shape on the nipples to prevent the pressure of the clothes will be found of great advantage.

The bowels should be attended to, kept in a soluble condition by the use of injections, or laxative medicines. Should there be heat in the lower part of the abdomen, or a heat and dryness in the vagina, the female should use injections of Slippery elm in the vagina, with a female syringe, or a warm poultice, of "Bitter Herbs," to the bowels, at the same time making use of the composition, or the Blue cohosh and Cayenne tea.

All these things may seem trifling, but I assure you, they are of great importance, and should not be neglected; therefore let every female who wishes to be delivered safely, and to escape those many pains and maladies that are so incident to women during the period of pregnancy and travail, attend to these things. Though I have spoken of a great many forms of disease, insomuch, that one perusing these pages, might suppose, that pain and disease were unavoidable to the pregnant female; but far from it. I want it to be distinctly understood, that all this pain and suffering is only the *effect*, or rather the *penalty* following a

violated law of nature. But I do not mean to say, that pregnancy is a violated law ; it is entirely the contrary ; it is the fulfilment of one of the noblest works of nature ; it is one of nature's grand laws.

The head was never made to ache, nor the stomach to cause pain and distress ; neither was the womb created to be a source of misery and pain to the female, during the whole period of a long life. Mankind was never placed upon earth for any other purpose than to enjoy happiness ; and were we all to live according to the laws of our being, always eating just enough and of the right material, to just sleep enough, exercise enough, &c., all of which is in our power to do, we might all be restored to our natural state of health and longevity, (i. e. three score years and ten,) that such a thing as pain and suffering in three-fourths of the cases might just as easily be avoided as not, and far more so than to be borne. Should we all be restored to our original state, life would then be a pleasure instead of a burthen, and the animal machine when so completely worn out, that each and every organ would be entirely incapable of performing its proper office, so that from friction, and a want of propelling power, the entire machine would cease to run, the name of that state of things, would be called death from old age.

When any organ, or set of organs, is unable to perform its or their proper office, the name of this state of things is called disease.

But, when each and every organ is able to perform its, or their proper office, so that each and every organ is under the full control of an unembarrassed vital force, the name of this state of things is called health.

CHAPTER XVII.

HISTORY OF OBSTETRICS.

The first *midwife* of whom we have any account, aided Rachael in the birth of her second child. We have in the Hebrew scriptures, no other account of any other midwives than *women*, none but *women* are mentioned under this appellation by the Greek and Roman historians. From the fact that their names in many different languages are all feminine, it is certain that, till lately, all civilized nations employed women only, as midwives.

The first services performed by men in this art, were to deliver those women who, *it was supposed*, could not be delivered without the aid of instruments.

The first employment of a man midwife in general, it is said to be by Madame De la Valiese in 1663, only 187 years ago.

This lady sent for one Julian Clement a surgeon of reputation; who was conducted with great secresy into the room where she was, her face covered with a hood, and where it is said, the king was concealed in the curtains of the bed.

His success with her then, and on subsequent occasions, rendered fashionable the employment of men, who have since so generally usurped by degrees, the just and natural prerogative of the other sex, that it is now generally thought a piece of imprudence almost amounting to rashness, to trust the management of this matter to the original and proper hands.

But, it is abundantly evident, from a comparison of the rapid increase of ancient matrons and the robust constitutions, and extraordinary longevity of the people, with the destruction of scores of modern women and infants, and the miserable condition of multitudes that escape immediate death, that this change was not made for the better.

It is true that the luxury, idleness, crowded city manufactories, &c., of modern times, have produced more deformity of frame constitutional taint, and liability to disease, in the generations of the present age, than were found among those of former ages, when hunting,

fishing, agriculture, the tending of herds, and the construction by hand of those articles now made by machinery, were the constant employment of not only a few, but of the general mass of mankind, and whose diet was simple and coarse, still it is generally conceded that rash and daring efforts of art to improve even the slightest of nature's deformities have resulted in more mischief than good.

CHAPTER XVIII.

MIDWIFERY OR, OBSTETRICS.

Midwifery or obstetrics, says Dr. Curtis, is the art of aiding women in child-birth.

“But why (it has been asked) does woman need assistance in the performance of that to which her very nature is especially adapted? were it not almost as rational to say that she needs assistance to keep the beard from growing, or to cause the pelvis to grow larger in proportion, than that of man, or to complete any other peculiarity of her frame, as that she needs aid in giving birth to her offspring?”

To this, I would answer, that the fact is admitted by every rational man or woman, that

she does need it, I shall therefore proceed directly to show why she needs it, and how it shall be most promptly, judiciously, and effectually rendered.

I apprehend the necessity for this aid is, with a very few exceptions, the result of a series of self-abuse and injurious treatment, by which the ability of nature to do her work without aid, has been so much abridged, and that therefore, the kind of aid she needs is to remove those obstacles that have rendered her in a great measure incapable of performing her duty; and the restoration of those powers of whose free and full exercise, she had ought to have never been deprived.

It is especially because the female frame includes certain organs made for special purposes that derangements of the functions of these organs, (or of the organs themselves) have been called "Diseases peculiar to women."

To enable the ladies therefore, to rectify and prevent the *derangements* of these organs, I have endeavored to learn them something of the objects for which those organs were formed, and the nature and end of their operations in a healthy state.

As in the superfluity of seeds or eggs in a plant, or insect, fish, or bird, &c., which when circumstances do not favor their being used for reproduction, may be devoured by animals, or

returned to the earth unproductive ; so in every department of the economy of the great Author of all other agencies whose existences or modes of existence are subjected to the influence of condition or circumstances, there is a superabundant provision of means, both to accomplish the great end in view, and to prevent the excess of those means, from doing any injury, if not to turn it into other channels for good.

The organs alluded to are the *uterus* and *mammal*, (or breasts,) and the secretions as the *menstris* and *milk*.

The principal object in the peculiar structure of the female organization, was its adaptation to the continuance of its species. The production occasionally of the embryo of another self, a sort of parasite that should be sustained awhile by the strength of her own system, required the establishment in woman, of peculiar organs, and also of periodical secretions which, when not applied to the objects to which they were adapted, should be discharged in such a manner as to inflict no injury on the organs by which they were secreted.

For ten or twelve or sometimes sixteen or eighteen years, these secretions find full employment in contributing to the growth of the body whose maturity, on that account, is generally accomplished several years sooner in females than in males.

After this perfection of the organs, completed in our latitude from the age of twelve to sixteen years, there is a periodical secretion from the uterus, as before mentioned, occurring most naturally (but often irregularly) once in about 4 weeks, until it has either been arrested by disease, or turned to the nourishment of the embryo of a future man, or till the powers of life through the worn out capacities of the body are so much reduced and *all* the secretions are so much diminished in quantity that this menstrual fluid is easily absorbed away, and distributed among the others, when its distinctive character and locality no longer appear, this state of affairs as was before stated usually happens between the fortieth and the fiftieth year, however, there are exceptions to the general rule.

From this general view of the subject, it is evident that, as the peculiarities of the female frame were formed for the very express purpose of bringing forth children, our efforts to aid her in the accomplishment of this object, must begin when nature begins to fit her for the office; or in other words, at the very commencement of her existence.

In her primeval condition, before her body was corrupted by any constitutional taint, that is, source of disease communicated from the bodies of her parents, woman was born free

from any other defect than what might be brought upon her by bad treatment after she entered the world, but, as civilization, moral and physical corruption advanced, her body partook of the latter, till it is often necessary to remove the constitutional taint or canker from her system as soon as she is born. The presence of this maternal defect, then, so disables for the full and perfect performance of all her physical duties, as to become the first reason why women so often need assistance in the chamber of parturition.

But supposing her birth to have been timely and natural, from healthy parents, there is a direct tendency towards the state of maturity in which the size and tension of all the absorbent, circulating, and secreting vessels are so completely balanced, as to admit, require, produce and maintain an equilibrium of fluids through the whole system.

Immediately after birth, then, the proper secretions are chiefly engaged in contributing to the growth and perfection of each organ, or organization, till the whole system arrives at maturity, when the waste gates are opened and the overflowings appear.

The surface of the body is composed of the mouths of an infinite number of invisible tubes in the form of a net work, whose office it is to cast off, the excess of heat and moisture, which,

from any cause may at any time accumulate in the system. This *secretion* is termed perspiration, *sensible* when the water can be seen in drops on the surface, (or skin,) and *invisible* when heat only is perceptible.

The object of clothing is in cold weather, to protect the surface from the astringent action of the atmosphere, which it does by retaining for awhile, the disengaged heat around the body, and in hot weather, by reflecting or warding off the excessive heat of the solar rays. In the former case, it prevents the cold air, and in the latter the dry heat, from contracting the net work, or pores of the surface, and obstructing the free perspiration, or escape of excessive heat and moisture. It is evident then, that, if the clothing be equal all over the body, the pores will be equally open, perspiration will be equal every where, and health, so far as the proper action of the surface is concerned, will continue perfect.

Here is the moment when we begin to aid, or hinder the female frame in its preparation for the reproduction of its species.

First, then, I will ask the mothers of our land, whether the manner in which many of them clothe their daughters from this time forward, is consistent with the dictates of reason, or of common sense? Do they not encumber their bodies with numerous bandages, and oppressive clothing, while they leave the extrem-

ities almost destitute? It is quite common to see little girls with thin calico dresses which have short skirts and sleeves, so that a great portion of the extremities are left entirely naked in the coldest weather until their limbs have more the resemblance of the legs of a *snapping turtle*, than that of the fairest part of creation, at the same time we see the boys dressed in thick woollen coats and mittens.

What must be the effect of this course of conduct on the part of the female, but to relax and expand inordinately the pores of the body, and to contract those of the extremities, thus forcing through the former all the heat and moisture that ought to be secreted from the whole surface, and giving to the atmosphere, the power to impede the circulation of heat and moisture through the extremities, which impediment or obstruction must necessarily reduce their temperature? The arteries of the lower extremities being *contracted* by exposure, those of the head and chest are enlarged or distended in proportion by the pressure of the blood, that is thus forced into them, the sensation produced by this pressure, is called fullness of the head, (or *cerebral congestion*,) while the distended blood vessels necessarily press upon the nerves and disturb the uniformity of their operations, which is termed delirium.

Here we have the origin of many cold feet, hands, flushed countenances, &c. Though it is true that some sprightly girls overcome by exercise, &c., the deadly influence of this inequality of dress, yet it is equally true that, in the constitutions of many others, is thus laid the foundation of disease that follows them to their graves.

If asked how I would have the extremities dressed? I answer let thick flannel drawers and woollen stockings in the winter, and cotton in the summer, be worn next the skin, let the body be clothed so loosely that it can easily move itself within the garments, which should be no warmer than those on the extremities.

Another reason why women need aid in child-birth, is that young girls are allowed, or even required by their *mothers* to wear those modern instruments of lingering torture, called Corsets, Stays, Busks, Belts, &c.

Shall it be objected that these things cannot be dispensed with, if a person would look *decent* and *becoming*, not to say genteel? I answer after an abortion, or a miscarriage, a dyspepsia, or a dropsy, or all of them together have racked the poor frail body for several years in consequence of this folly, they *are* willingly dispensed with, and no complaint is made of the privation, were it not better to regard while in health, the dictates of nature, of reason, or

perience and common sense, and save the wreck of constitution, health, and life.

Lest I seem too severe on these fashionable correctors of nature, I will at once give some facts and arguments, that sustain my position.

In the first place these misery making machines, like the iron prison of the Chinese foot, prevent the growth of the body to its intended and ordinary size; and then it renders cartilaginous and callous, those parts that were designed to be, (and, if they were permitted to grow in their own way to the size of their own pleasure, would be) muscular and elastic, calculated to admit, without pain or inconvenience those different degrees of capacity so essential to the safe carriage, nourishment and delivery of a healthy offspring.

As the starving system of treating dyspepsia, by withdrawing the periodical internal pressure of a full meal, suffers the external pressure to act constantly on the coats of the stomach, till they become so permanently contracted that any increase of the dietetic portion produces pain; so the superficial compression of the corset, by preventing frequent distensions and expanding motions, permanently contracts the chest, the *diaphragm*, and the walls of the abdomen, to such a degree that the inordinate expansion necessary to the growth of the *fœtus*, produces similar pains in the *diaphragm*, the

walls or coats of the abdomen, &c. The painfully distended parts continually strive by their reaction to expel the offending cause, and hence a fruitful source of abortion, miscarriages, and seven months children, besides all the current suffering to the mother, and the incurable evils that so frequently attend those who survive such dangerous conditions, to drag out a miserable remnant of life, scarcely preferable to death itself. Within the range of my own recollection are more than a score of females in this last condition, who are to charge their present sufferings, in a great measure to *daily lacing*, and almost altogether to the combined influence of this cause, and several others previously, and yet to be explained.

Of the multitudes that have sunk under the miseries attending the premature expulsion of the fœtus, the dark and silent regions of the *grave* alone contains the record. I have no doubt if all who have thus committed suicide, could array themselves before us, the effect would be insupportable to the most hardened feelings of our nature. This is another reason why women need aid in child-birth.

Another reason why women need aid in child-birth is, because their power to accomplish it without aid has been early and frequently abridged, by injudicious medical treatment, on the slightest indisposition.

By the carelessness of the nurse, or its own incessant motions, the infant is exposed and takes cold; the bowels are a little disordered, or the stomach is clogged, or overloaded with cold phlegm, &c., or a fever arises, or, it matters not what, the least irregularity creates alarm. Now, a few doses of some warm stimulating tea, as, Spearmint, Catnip, Peppermint, Balm, or Sage, with a little Lobelia, sufficient to produce a free perspiration, or at most, a thorough course of the Physio Medical treatment would soon put all affairs to rights; but no! the Man of Blue Pills, (i. e. the Doctor,) is called in, and forthwith commences to dose with either Calomel, Arsenic, Nitre, Opium, or some other weapon of death. If Calomel is prescribed it is perhaps, in the dose of from five to sixty grains, (this seems large, but it is true, see Whitney on Croup,) when a single grain is sufficient to prostrate all the vital energies of a healthy child, (see Watson's Practice, page 184, 3d edition.) Several times have I seen the vital energies of a poor little infant laboring under the *deadly* influence of a dose of Calomel, given to suppress that *very fever* which, if aided by a little stimulating tea, and warmth and moisture to the surface, or even if left to itself, would soon put to flight the offending cause, and restore health and activity to the patient.

But "Scientific Wisdom" adds more and more Calomel, till so much of the vitality of the system is destroyed, that no danger is apprehended from "the fever." Many a little sufferer, being kindly nursed and nourished, now steals a march on the Doctor.

Its fever rises by steps so gradual as not to be discovered, while it works off a large portion of the Calomel in the same silent manner, and it would appear to be as well as ever, but for its evidently increased liability to the future attacks of the same and similar affections.— But, alas! how many others there are, who sink under the influence of this deadly weight, to rise no more! I have seen several perish, for no other reason, as I firmly believed, than simply, that they had taken more poison to cure disease, than the system could bear.

Their death was attributed to 'Teething, to Summer Complaint, to Measles, to Croup, or else the Great Author of our being, who granted to the human family three score years and ten, (70 years.) It is too frequently, that believers in that Book of Books, (the Bible,) often attribute the blunders of the Doctor to the chastening of the Almighty. 'This I consider nothing more nor less than blasphemy, though it may be ignorantly done. And, in fact, it is generally attributed to any cause but the right one, and the wreck of constitution in others,

that escaped death, is accounted for in the same manner.

Those children grow up, still more and more liable to disease, and are frequently attacked by it, till the period when, (if they had been properly clothed, fed, exercised, and doctored,) the menstrual discharges would have taken place. In the United States, and under favorable circumstances, this ordinarily appears between the twelfth and fifteenth year.

But the vitality of the patient has been so much reduced by the inequality of the clothing, the want of proper exercise, by tight lacing, or by poisoning the system, instead of curing disease, that the growth of the organs is not yet mature, the preparation of the secretion is postponed for a while, or distributed among others when actually prepared. It is now well, if some would-be-learned Knight of the Medical order does not endeavor to persuade the patient's mother to give her *emmenagogues* directly to force its appearance. As time passes on, however, the secretion accumulates in the proper vessels, and the system makes an effort to discharge it. (For further directions, see article on menstruation.)

The last reason that I shall now mention, why women need aid in child-birth, is, many, I fear most mothers, from the delicacy of the subject, leave their daughters, (as they express

it,) to find out by "their own experience" what, if timely and correctly taught them, might prevent much future suffering, if not save many a life.

It is not only cruelly embarrassing to a modest young lady, to be totally ignorant of the nature, cause, and proper treatment of a disagreeable condition of her system, till it comes upon her suddenly, but it has subjected many to the ruination of their health, and to some the loss of life itself. "Girls have been frequently known to go, at a critical period," into the water to wash their clothes, and then stand in the open air and dry them, that they might not be laughed at by the members of the family.— Thus they have taken cold, and laid the foundation for disease, that has followed them to their graves. Others have been injured for life, by improper medicine, or manual treatment, or in other ways for want of a few hours instruction, which every mother is amply qualified to give. The mother, however, refuses, from motives of delicacy; but, when the dear object of her solicitude is dangerously ill, from this neglect, delicacy is laid aside, and the modest girl is unscrupulously subjected to the impertinent queries of some fop son of *Æsculapius*, just out of his "teens," as well as his "Nosology." This is no harm! It is fashionable, and "necessary for the Doctor to know every

thing." Often when reproving young ladies for exposing themselves to cold, at the commencement of their monthly courses, have I been told, that they did not know they were doing wrong: within my own knowledge, are several young ladies, whose bodies were put in such a condition by imprudence at this critical period, that nothing short of their lives will pay the forfeit.

Mothers, teach your daughters seasonably and affectionately all you know, that it may save them future mortification, trouble or sorrow. Charge them when "unwell" to beware of taking cold, and to take no medicine that is calculated to impede the circulation, but to wear warm clothing, to use gentle exercise, nourishing diet, warm stimulating medicine, (if any at all,) till they are entirely cured.

While I am on the subject of maternal instruction, I may as well add, that you ought by all means to teach them the nature, cause and treatment of these forms of disease, and all the inconveniences they are to expect in the married relation. Do not wait till you are certain they are about to enter into that state. It were better to teach them earlier than desirable than that your premature and unexpected death should deprive them of any instruction at all. Young married ladies are often subjected to much mortification, and not rarely to severe suffering, which might easily have been prevented by the

faithful and affectionate instructions of a judicious and intelligent mother.

I now leave this subject to your consideration, and proceed to show what kind of aid women do need in child-birth—also at what times they need it, and by whom and how this aid is to be rendered.

CHAPTER XIX.

OF LABOR.

As I have already shown, there is a great variety of causes that may contribute to retard or cut short the period of labor, therefore it is always necessary to be in readiness for the circumstances attending its arrival, and to be so well acquainted with its approach as to guard against improper conduct, and to render the patient all the attention which those circumstances may require.

SIGNS OF APPROACHING LABOR.

As I have already shown that the symptoms of pregnancy may be simulated by those of dis-

ease, so the signs of approaching labor may be simulated by what are called false pains, proceeding from colds or other causes heretofore mentioned. It is always best, therefore, whenever any symptoms present themselves that we suspect to be those of approaching labor, to commence at once that kind of medical treatment which is calculated to remove every vestige of disease.

If the symptoms prove to be those of disease they will be removed—if those of actual labor, they will be increased in severity and frequency, till no doubt will remain as to their cause.

If there is any doubt as regards the cause of the pains, giving *Canker* teas as Composition, or what is still better, a tea of Red Raspberry leaves and a little Cayenne—(this if sweetened and creamed is quite pleasant to the taste)—applying warmth to the feet, as bathing them in warm water, and then placing to them jugs of boiling water or bricks or rocks heated to a redness, and then cooled with water until they are done hissing—then wrap them well in a cloth, the part of which is next to the cloth being first wrung out of warm water, (the patient being in bed or in a chair by the fire,) and thus producing perspiration—or at most giving her a good steaming with a full course of medicine—these are the proper means to decide the point.

What! says one, would you give a "vomit" in case of labor? I answer, if you are certain that this is the only difficulty it is not necessary, but if it is approaching abortion, or any other form of disease caused by a foul stomach and contracted state of the important organs, that this is the proper means. I once attended a lady who had all the symptoms of approaching labor and a speedy delivery, and she said that her time had fully come, but I did not feel satisfied on this point. I commenced to give her an emetic, (in consequence of which one of the ladies left the house, as she said she would die in the operation,) but the consequence was, that all the symptoms disappeared and "she went" six weeks longer, enjoying good health. She was then delivered of a healthy child.—By following this plan, instead of giving Ergot, (smut Rye,) I saved the life of the child, and in all probability the life of the mother. So much, then, for correct principles. But, I ask, is it any more irrational to cleanse the stomach at the commencement of labor, than it is to blister the back of the neck for *Worms*, or to blister the ankles for *Diarrhœa*, and this was done not a thousand miles from this place, though not by a Thomsonian.

But, as I said before, when the system is apparently free from disease, little or no medicine is necessary, except it be a little Canker tea.

It is frequently the case, that if gestation be complete, the patient can perceive for two or three days before the actual commencement of parturition; a gradual sinking of the abdomen; which is produced by the sinking of the fœtus into the superior strait of the pelvis. The patient is also troubled by a needless desire to urinate, and go to stool. There is also generally a discharge from the vagina, a mixture of mucous and bloody like fluids, which indicates some progress in the dilation of the os uteri, as the mucous proceeds from the follicles, in the mouth of the womb and the blood from the rupture of a few of the capillaries passing from the *cervix uteri*, to the membranes, which rupture is produced by the efforts of nature to rid herself of a burden, consequently this appearance of mucous and blood may be looked on as a sign or token of commencing labor.

CHAPTER XX.

CONDUCT, WHEN CALLED.

If the patient enjoys a good state of health, or has been using Botanic remedies, and should

request your services, you should attend as soon as possible, or it may be too late to be of any service, as it is sometimes the case that the first two or three pains expel the fœtus, however, it is not often that the work is done so speedily as this, still it is proper that the midwife should be present as soon as she is sent for.

The umbilicus (or chord,) may be around the child's neck, or may be cramped between the fœtal body and the maternal pelvic bones, or there may in case of injury, be a flooding, which will demand immediate attention.

The desire to relieve even the ordinary pains of travail, as speedy as possible, should always be sufficient to prevent your unnecessary delay.

When you enter the room, let your mind be calm and collected, and your feelings kindly sympathize with those of the patient. Assure her that, though rather a severe duty is before her, yet she has no reason to be alarmed, for her peculiar organs are adapted for the purpose, and are no more liable to be injured, than any other organs, in the performance of their proper functions. Give an ear of attention and a countenance of interest, to all her exhibitions of suffering, or her fears of it. If others complain of her, take her part, whenever truth will justify you in so doing.

But it is neither polite nor honest, to assure

her that you can enable her to accomplish the work speedily and with but little pain. For, though this may sometimes be the case, yet it is not generally so, nor was it in the days of primitive society, before either Doctors, Pincers, Blunt hooks, Calomel, or Opium, was known, even when "the Hebrew women were lively," and accomplished the task "before the midwives came," the most severe suffering that the human body could endure, was said to have its equal if not its superior in the "pain of a woman in travail," especially if it be "with her first child." The declaration, therefore, on every occasion, that the sufferings of the patient are to be but short and trifling, will frequently prove false in the result, and the practitioner and the cause will suffer far more from the failure of one such declaration, than they would from fifty refusals to predict the time and degree, or amount of suffering.

The proper assurances of the midwife, are, that the Botanic practice is more efficient, in itself, than any other in mitigating the sufferings of the patient, in removing the obstacles to delivery, in securing its safety, in hastening its termination, and in protecting both mother and child against death, or serious injury. This is all true. And you may safely add that you will do your best to apply this practice in the most judicious manner.

CHAPTER XXI.

DIRECTIONS IN REGULATING THE BED ROOM.

Justify and aid the lady in making almost any change in her position that she may desire, at least until the labor is pretty far advanced, neither watch symptoms with manifest fear, nor with apparent indifference to them. Endeavor to inspire in the bystanders the same degree of composure that you exhibit. This is best effected by calmly preparing every thing that may, in any event be wanted, these things may seem trifling, but I assure you they are matters of no little importance. All is generally believed to be well, when an attentive midwife seems unconcerned about danger, and acquainted with her business. Let there be a good fire kept up in the room, if the weather is cool, some where else if it be warm. Let there also be kept constantly on hand plenty boiling water, let them prepare a chair or a low bed, or protect the one she sleeps on, by putting several folded sheets between the feather bed and the lower sheet. The best thing yet devised for this purpose, is an India Rubber or Gumelastick spread as large as an ordinary comfortable. This is a complete protection. Pro-

vide means to bolster her up, or lay her down on her back, or either side, and blankets to wrap up her feet and legs whenever they would otherwise be exposed to cold. Keep constantly prepared Cayenne, Canker, and Nervino tea, with Lobelia seed steeped, or 3rd preparation, a small cotton or linnen string, and a pair of sharp scissors, and avoid making any examination till the pains become severe and frequent, then examine as carefully as possible.

EXAMINATION AND PRESENTATION.

When the pains become frequent and severe, examine the abdomen, and determine whether the head be directly over the pelvis. If it be, all will be well, (unless the pelvis is known to be greatly deformed.) If the lower extremity of the fœtus be evidently resting on the front (or pubic) bones, lay the patient on her back, or if it is resting on the side (iliac) bones, then place the patient on the opposite side, in either case raise the pelvis a little, put one hand where the protuberance was, and press it against the edge of the bone and the lower part of the abdomen, and with the other hand raise her up in a sitting posture in the direction of the other hand. This process will at once give direction to the fœtus in the pelvis—repeating it two or three times; the chest, in raising, will

accomplish the object, even though the *fœtus* were to be directly across the pelvis. When this is effected, it matters but little whether the feet or the head descend first.

A careful comparison of the records of "turning," with those of unassisted nature, is enough to convince any rational mind that attempts to turn the forehead back when the face presents, are more dangerous than useful.

The one thing needful in this case is, to always remember, that we are nature's servants and not her masters, as

"Man's inhumanity to man

Makes countless thousands mourn."

CHAPTER XXII.

BREACH PRESENTATION.

A friend informs us that he was called to a case of breach presentation—he endeavored to bring down the feet, but found it impracticable without giving pain and even the risk of doing injury. Not considering himself authorized to thwart the manifest resolutions of nature, he

contented himself with helping her in her own way. He gave her Lobelia, and its helpmates and she soon rid herself of a heavy burthen, breach foremost, legs and knees on the abdomen. Thus we see that Botanic Physicians find but little difficulty in managing those difficult cases that frighten others so much.

ARM OR FOOT PRESENTATION.

Should an arm or foot (without the other) present, raise the pelvis of the patient higher than the shoulders, which should be done by first gently raising the patient by means of a towel placed in a proper situation—then placing several pillows underneath so as to support the patient in that posture, (still leaving the towel in the proper place, so as to assist when necessary to again remove the pillows) and by this means throw the whole fœtus back into the abdomen—then after lubricating the hand with Slippery Elm Mucilage, enter it into the vagina, and the fingers into the os uteri so far as to prevent the hand from descending before the head, or, if the feet present, to bring down both together, the heels forward if possible, then move the support from under the pelvis, (which should be done by the assistants.) Then restore the patient to the sitting or the standing posture, the hand still preventing a wrong presentation.

I attended a case some time since where the shoulder was protruded quite out of the os externum when I arrived, but by this means it was replaced, with but little pain or difficulty, and she was soon delivered of a fine healthy child. But I wish to be distinctly understood that these directions are *only* to be followed when such cases occur, which is not once in a thousand instances, says Dr. Curtis. I wish it *never* to be forgotten, that *no* manual operations, either internal or external, are ever to be carried to such an extent as to cause the patient to forget her other sufferings and attend to these—so says nature and common sense.

CHAPTER XXIII.

SYMPTOMS DURING LABOR.

Most frequently, and especially in first labors, there is, says Dr. Blundell, “a great deal of cutting, sawing and grinding felt while the mouth of the uterus is gradually expanding and the ovium is pushed down. In ordinary cases, these pains, felt in the back, front and

sides of the abdomen, below and in the upper part of the thighs, attack the patient at pretty regular intervals of from twenty to thirty minutes; occasionally, however, we meet with women in whom the grinding and cutting pains are permanent, the patient complaining and perhaps almost incessantly, for hours together." And Dr. Merriman observes, that "the expansion of the os uteri and the descent, very often produce, from sympathy, shiverings and vomitings, and, when the cutting pains are very severe, despondency and lowness of spirits generally prevail."

But let me here remark, that the number, duration, and severity of these "*cutting, sawing and grinding* pains" depend very much on the kind of treatment the patient may receive. If due care be taken to have the system properly and sufficiently relaxed, (for which, see ways and means,) the cutting, sawing, and grinding will be reduced to a comparatively small matter. The proper means to produce this relaxation is, by steamings, fomentations, Lobelia liniments or poultices &c., with warm applications to the parts, as bricks, rocks, boiled wood, or bottles of boiling water, &c., but should these pains be treated on the antiphlogistic plan until the powers of life should give way to such a degree as to cause the pains to almost entirely cease, it then would in all proba-

bility be thought necessary by those Knights of the lancet and blunt-hook to "aid the too feeble powers of nature by the skilful use of instruments."

After these pains have continued for some minutes or hours, seemingly without much effect, the lady begins seriously to exercise every muscle of her body, as if to force away the offending cause. She seems desirous to get a fast hold of something that is firm, as a bystander's hand, or a handkerchief or cord, tied to the bed post, and to fix her feet or knees against the same support, so that she can pull smartly when the pains are severe. In these matters she should be indulged and assisted.

CHAPTER XXIV.

NATURAL LABOURS.

When the head of the fetus descends first, into the pelvis, and the efforts of nature are sufficient, (at most with a little assistance from medicines and a little attention to the position and the movement of the patient,) to expel

it in a reasonable time, (some say twenty-four hours after the discharge of the waters,) and with no extraordinary degree of pain and suffering, the parturition is said to be natural.

In this case, the delivery is sometimes effected immediately, as in women who have borne many children, whose pelvises are large and in whom the parts are well relaxed. Instances have been known, in which the first severe pain expelled the whole foetus. Generally, however, the process is more gradual and protracted.

DESCENT OF THE HEAD INTO THE PELVIS.

During these muscular exertions the head generally descends into the pelvis. It usually starts with the face and crown toward the iliac bones, and the ears forward and backward; and after passing the upper strait, the crown (very rarely the face,) turns forward, which direction it continues until ushered into the world. As the foetus descends into the pelvis, the waters of the amnion push that membrane before the head, in the form of a bag, which generally opens the os uteri; descends into the vagina and breaks of itself before it passes through the os externum, discharging generally a thickropy, sometimes thin fluid, called the Amnion waters. It is not best to rupture the membranes

until they protrude entirely through the os externum. The discharge from different persons is from a gill to a pint or more.

CHAPTER XXV.

RUPTURE OF THE MEMBRANES.

It is not always a rupture of the membranous cyst containing the child, that takes place at this time, for there may be a rupture of another receptacle, being composed of three inner tunics, one lining the other, and the water may issue from the bag formed between the decidua and the chorion, that is, the two outer linings, a considerable discharge may be produced in this manner. I only mention this to prevent alarm by its appearance, as it is of little importance. It may be repeated in plurality of children.

After the rupture of the membranes, the head generally descends pretty rapidly into the pelvis, till the face lodges in the hollow of the sacrum, the crown under the arch of the pubis, the *sagittal* suture on the *perinæum*, and the chin upon the chest.

THE PERINÆUM.

It now becomes the duty of the midwife to guard the *perinæum*, (the part between the genital fissure and anus,) from injury, which may be done by placing the fore finger upon it, with the inside of the hand next to the child's head, and pressing gently downwards and backwards, during the existence of the pain, with the design to get it underneath the head. In doing this there is little danger of injury or rupture to the *perinæum*, especially if the proper care has been taken to have the parts well relaxed. The position of the hand that is here recommended, is much better than that in which the inside rests on the *perinæum*, for it places the *accoucheur* in the proper position to attend to the *foetus* as soon as it is presented.

THE UMBILICUS.

After the head is delivered, there is usually a pause for a few moments for an other pain to expel the body. During this interval endeavor to ascertain whether the umbilical chord is wound around the neck, and if so, disengage it if you can, if not, endeavor to keep the head and navel of the child as near as possible to the *os externum* of the mother till it shall be disengaged, when you may turn the head towards

the mother and easily extricate it. Endeavor also to disengage the face of the fœtus from the membranes, and to clear the mouth and nose as soon as possible, least it take the mucus water, or blood into the lungs in the act of inspiration, and thus produce strangulation.

When the child breathes and cries strongly, and the umbilical artery ceases to pulsate, (which can easily be known by placing it between the thumb and finger,) tie a cotton or linen string around the umbilicus, about half an inch from the place where it ceases to be of the same color of the body of the child, this is generally about an inch from the body, however there are cases when the cord has to be tied before the artery ceases to beat, as in case when the placenta is still attached to the walls of the uterus, in case the cord should be tied before the cessation of the pulsation, it should first be pressed between the thumb and finger, then if there is any danger of it causing a suspension of animation, the pressuro can at once be removed, if it causes no difference in breathing of the child, the chord may then be tied with safety, then tie another string, (or a part of the same) about an inch from the first, next to the placenta, leaving this string several inches long. Both the strings should be tied around the chord two or three times and drawn so firmly as to entirely stop the circulation, but

not be drawn so tight as to cut the umbilicus. Now cut with a pair of sharp scissors the chord about midway between the two ligatures. The reason why the chord should be tied in the second place, is, because it is sometimes the case that the edges of the placenta remain attached to the walls of the uterus, consequently by tying the umbilicus in the last place, it stops the further bleeding of those arteries, in the proper way. Should the end of the umbilical arteries be left open there would undoubtedly be a hemorrhage, (bleeding) through them till the placenta was disengaged.

CHAPTER XXVI.

THE CHILD,

Have in readiness a pan or small tub to wash the child in. Also a teakettle or other vessel of boiling water, and a pail full of cold. From these to put into the basin, pan or tub, a gallon or two, so combining them as to have them neither hot nor cold, but just so as to feel comfortable to the naked elbow, (as the hand is not

always capable of testing the matter.) As soon as the face appears, endeavor to clear it of blood and water, &c., which might otherwise be taken into the lungs and thus produce strangulation. If the child is completely discharged and has not breathed, dash a little sprinkle of cool water directly along the *spine*, (or back bone,) this will contract the muscles that connect the ribs with the lateral process of the spine, and of course expand the chest, which is the first step in the mechanical process of breathing. Lightly rubbing the spine will also aid the muscles in expanding the ribs. A similar sprinkling may then be dashed upon the breast and upper part of the chest. If this should fail, pour a little *strong* Cayenne tea or a little No. 6, or 3rd preparation, in the child's mouth; (I once saw this succeed after other means had failed, and the bystanders had all given up the child for dead, but the Cayenne produced a spasmodic action of the lungs similar to coughing, and the child then began to breathe,) or you may immerse the child in the water prepared for washing, but made warmer, say ninety-five to one hundred degrees, or about blood heat which you can test with your naked elbow as before mentioned, this is highly recommended by some.

Various other means have been recommended, as placing the after-birth on hot embers,

(but this can not always be done, and it would not be likely to produce any good effect,) blowing in the mouth and nostrils, &c., with a bellows, or with your own mouth through a tube &c., should the former means fail, it would be no harm to try these as they might succeed, instances of success have been known, after more than an hour's apparently fruitless labor.

If the child breathes and cries strongly it may be severed from the mother by the tying and cutting as already directed.

It may now be given to some female attendant to be washed and dressed. Let her wash it in the water heretofore mentioned, being careful to get off all the greasy and yet wax like substance that adheres to its whole body—strong soap suds will do it; but this process is rendered easier by first rubbing it well with a portion of hog's lard, then using the soap and water, by means of a flannel or other cloth. This should be done in a warm room by a fire. No spirits of any kind should be used on the surface; but if the child is apparently sinking, use a strong tincture of Cayenne pepper and vinegar, and a little volatile salts or camphor to the nose.

CHAPTER XXVII.

DRESSING THE CHILD.

Pass the remaining portion of the chord left on the child, through a hole in the centre of a linnen rag, about two inches wide and five or six inches long, then wrap around it a strip of rag about as wide as the chord is long, allowing the strip to be long enough to wrap around the chord four or five times, turn it up towards the breast, and secure the whole with a bandage, being careful not to have it too tight.

Now dress it loosely and warm, not covering the face, and lay it in the lap or in a crib. Examine the dressings of the chord frequently, and take care that the dead matter is removed as soon as it is disengaged. If the child is well washed in the groins, under the arms, and behind the ears, &c., and a little sweet oil, or fresh butter melted and boiled till the water is all out, be rubbed on those places, it will prevent all chafes and soreness. Let it be repeated often first washing with soap suds and then greasing.

MECONIUM.

The first discharge of infants is called *mecon*.

niam. It is a too general impression, that physic ought to be given to effect it, and not a few children are much injured, and many are actually destroyed by treatment in accordance with this impression.

If the mother afford milk within a few, say two or three hours after its birth, that milk is best adapted to the accomplishment of the object. But, whether she does or not, it is not necessary nor proper to give physic to the child, until it gives evidence of suffering from a want of such motions. When the mother does not afford milk immediately, other food should be provided for the child, as new milk sweetened with molasses, the quantity of which should be increased till it produces the desired effect. A tea of white elder blossoms sweetened with molasses is excellent for this purpose. But I object to the practice of purging them with salt and water, Rheubarb. Castor Oil, Chamber Ley, or Aloes, if the dischargo does not take place after a reasonable time, they may be effected by an injection of Slippery Elm tea or Sweet Oil with a very little Cayenne.

It is also necessary to attend to the urine, if this be suppressed or too scanty, the bladder will swell, and the child will suffer. A little strong tea of clivers, sweetened with molasses, and keeping the parts warm prevents costiveness and the suppression of urine. If the urine

be much accumulated before it is discovered, a Lobelia poultice and a steaming brick to the *genitals* will relax the stricture and allow it to pass, and keeping the parts warm and moist will prevent a recurrence.

FOOD.

The best food when the mother does not supply the child with milk, is new milk from the cow, when it can be had, warmed if it cannot be had fresh, it should be sweetened a little with molasses, do not feed the child too much, neither let it use a "suck bottle," unless it be glass, and then it should be cleaned daily.—Recollect the child often cries from colic, instead of hunger.

CHAPTER XXVIII.

SECOND FŒTUS.

Generally, each fœtus has its separate placenta, and, in such cases, when there are twins, the placenta of the first sometimes comes away

before the birth of the second. Sometimes, two placentas are so connected that the one can not come away without the other. In this case, direct efforts to disengage the first placenta before the second birth, would be improper.— Always satisfy yourselves, therefore, that there is not another fœtus, before you make any considerable effort to disengage the secundines; by rubbing the abdomen directly over the uterus with the hand, but not so hard as to produce pain. If there be no other child that organ will immediately contract to about the size of a child's head, and be felt as such just above the pubic bones. The abdomen now being very flaccid or loose, the hand will be able to grasp the globular lump. But, if there be another child, the uterus will still be large, and the abdomen but partially reduced in size, or the muscles in tension. By internal examination also, may be discovered, through the os uteri, the watery sack, formed by the membrane of an other child; and the bursting forth of those waters insures the existence of another fœtus. The same means are to be used for the discharge of this fœtus that were used for that of the former. If there be no other child the placenta, or the lacerated membranes will alone be felt internally.

CHAPTER XXIX.

REMOVAL OF THE PLACENTA.

It now becomes the duty of the accouchuer, (or midwife) to attend to the delivery of the *Placenta*, (or after birth,) and the membranes, which, with the umbilicus, are called the *secundines*. Give the patient a little tea of Cayenne, Raspberry, and Nervine, and wait for the effort of the uterus to disengage the placenta. If the pains do not occur in fifteen or twenty minutes, rub gently with the left hand, the abdomen, directly over the uterus, not so hard as to give pain, holding the right hand in readiness to receive the secundines. The gentle friction will cause the uterus to contract, or in other words invite the recurrence of the pains which may be aided by giving more Cayenne tea. If now the pains be severe and ineffectual, it is either because the placenta strongly adheres to the uterus, or because the os uteri, or the os externum is strongly closed upon, or against it. If the patient is able to be placed over the vapor bath, this will be the best means of relaxing the parts, stimulating the uterus to action, and disengaging the offending matter. If not, give warming medicines and apply steaming

bricks, or cloths wrung out of hot water to the parts, and keep the feet warm. Perseverance in this course will finally effect the object, (in case of flooding, which will rarely, if ever occur under the above treatment, give strong Cayenne tea, and an injection of strong tea of Witch hazle, leaves or bark, and a little Cayenne, to the vagina,) never fear to wait for the efforts of nature, aided only by innocent means, and process, to disengage the placenta. Many instances have occurred in which it not only remained for many hours, but for many days, even for fifteen, or twenty, and then came away without either danger or inconvenience to the patient. If the lady has not eaten within six hours give her a little nourishing food, put the child to the breast, then rub the abdomen as before directed. Now endeavor (if it can be done without force,) to remove the placenta. If the parts are rigid and it refuses to come away without giving pain; inject a tea of Lobelia and Slippery elm, into the vagina. If the uterus is contracted into a small hard lump lying just above the pelvis, and the insertion of the chord can be felt by the finger, push that part back, hook the fore finger into the edge of the placenta, or take hold of the edges of the membranes, and bring it away. If it refuses to come away by these means, then sit by her side and require all in the room to be perfectly

still, having the windows darkened, cover her warm, especially her feet and lower limbs, put a steaming stone or brick, or a poultice of slippery elm, &c., which is better, near the genitals, and let her sleep if she will, or *as long* as she will, provided her pulse is good. If it sink too low which will seldom occur, wake her and give her a little Cayenne, when she wakes, if the placenta be in the uterus, there will be pains resembling those of labor, if in the vagina, there will be none of any importance, in either case, let her rise and stand, or walk.— Or the means may be used before she rises, to produce the contractions of the uterus, and of course the descent of the placenta at least into the vagina.

If the placenta be entirely discharged, well, if not, apply the vapor bath, and your object will soon be accomplished. If the placenta be not disengaged from the uterus, there will be so much pain as to prevent sleeping, and of course, she had better rise as soon as she feels sufficiently rested for that purpose, and the means above directed must be used. I object to pulling much at the chord, because being inserted in the middle of a thick cake it directs the discharge in such a way as to meet with the greatest possible resistance. If instead of this, you hook your finger into the membranes, you will present the edge of the placenta, and thus really facilitate the discharge.

As to the danger of leaving the placenta to be discharged by piecemeal is all a *bug bear*.— While it maintains its hold on the uterus, it retains its vitality; and, of course will no more mortify that organ than the vagina or the fallopian tubes will, as soon as it or any other part loses its vitality, the uterus contracts, beside that part and casts it off. It now becomes a foreign body to the uterus, and as such, the neck and the os uteri will relax and let it pass, as they do the menstrual fluid, or the full grown fœtus. All that is wanted to maintain a healthy action throughout the general system, and to aid it by steam, lobelia, and other relaxants, whenever it manifests a readiness to discharge the offending matter. For proof of these doctrines, I need only refer to the facts that many women have carried children far, even a year beyond the time, and those children have mortified and come away, some of them even through the walls of the abdomen, without materially injuring, much less mortifying the mother.

CHAPTER XXX.

FLOODINGS, PUTTING TO BED, &c.

I have given no directions for removing the placenta immediately and by force in consequence of floodings, for if the directions I have given for the management of delivery, be strictly followed, floodings will rarely if ever take place, and when they do they will be arrested in a very different manner. But as the friends of this practice will often be called to arrest floodings that have been commenced by the bad management of others. I will here state that the plan to arrest them is, first, to give very *hot* medicine, as a strong tea of Cayenne, or No. 6. Secondly, apply warmth to the extremities, and the surface generally, by steam if convenient, if not, by bricks, &c., Thirdly, if the child is delivered, give injections of strong Witch hazle tea, Nervine, and a little Cayenne, to the vagina, should the fœtus not be discharged, this plan would not be improper in severe floodings. If the time be come it will produce a separation of the placenta from the womb, and of course parturition, if not, it will close the mouths of the blood vessels that have been laid open, and stop the hemorrhage, leaving the fruit to ripen still longer before it falls.

Remember, to restore equilibrium to the circulation, that is to relax and expand the constricted blood vessels and close with Astringents, the open mouths of others, is the plan to check *hemorrhage* whenever it takes place.

I have said that the patient might rise, stand, or walk, for the purpose of disengaging the placenta, when you are *sure* that it has descended into the *vagina*, some may be frightened at this direction, but Dr. Curtis assures us that this is the way, that ladies have generally done in such cases under his management.— Dr. Blundell (an old school writer,) says that falling down of the womb is scarcely possible when it is properly contracted. If however, from previous disease, much fatigue at the time, or a still relaxed state of the uterus, or any other cause, she should not wish to rise, she may be lifted into a chair, or raised up in the bed, or relieved by warm injections of Slippery elm, and Lobelia, where she lies, care being taken as before mentioned to protect the bed. Any disposition to flooding must be checked by taking hot medicines, and steaming, by Witch hazel or any other good astringent injections to the vagina, and by slight friction over the region of the uterus, which will cause it to contract and close the mouths of its vessels so as to prevent or stop hemorrhage, (or flooding.) But I insist upon it, that no artificial force be

used, nor officious handling be allowed to disengage the placenta, that will give pain to the patient.

Dr. Blundell speaking (page 172) of the appearance of a placenta that had been taken away by force, says: "Do not needlessly pass the hand into the uterus, the vagina, or even the genital fissure, is the voice of this preparation. He that hath ears to hear, let him hear it; Ah! that violence of an ignorant and a savage hand! After examining these preparations tell me, is it too much to assert, that in obstetrics, a thrust of the hand is more fatal, than a thrust of the bayonet? Could the field of Waterloo exhibit injuries more dreadful than these?"

This sentence is copied verbatim from a very learned old school writer, a large volume might be filled with such quotations: so I would say "out of their own mouths shall ye judge them, what need ye of further witnesses."

I knew one to remain about eight hours, another more than forty-eight, and in very warm weather, the last came away, without assistance while over a vessel, without the loss of a drop of blood during her whole confinement; and she was about the house in five days. There is, however, generally a discharge of blood after the removal of the placenta at which there is no necessity for alarm, and also as a general thing the placenta comes away in

about half an hour, females generally get impatient, but you should precaution them, for we are nature's *servants*, nor her *masters*.

CHAPTER XXXI.

MANAGEMENT AFTER DELIVERY, PUTTING TO BED.

Soon after the placenta, &c., are discharged, she should be put to bed, as it is called, that is, washed where necessary, with warm water, by means of a sponge or cloth, her wet clothes removed, and warm and dry ones put on her; a broad bandage may be put around her, and she be put either into another bed or a dry and comfortable part of the same, she should also be provided with a soft spongy linen or cotton cloth of many thicknesses to absorb whatever may be discharged, and this should be removed as often as necessary, the external parts should be mollified with sweet oil, and a steaming stone or brick placed near them to prevent their swelling, inflammation, and soreness. This warmth should be kept up for several hours, say six to eighteen, or till the

soreness is all gone. The cloths of course will be continued as long as there is occasion for them.

She should now be fed again, and permitted to rest and sleep as long as she appears comfortable. The food should be light and nourishing, and given in a reasonable quantity. A bowl of bread or mush and milk, or chicken soup, or almost any thing she wants, may make her meal. If puerperal fever should arise, it comes as a friend to tell you of the cause which you must at once remove by a course of medicine. The washing, dressing, and changing, should be done with as little exertion on the part of the lady as possible, in order to avoid soreness, after pains, &c.

LACTATION.

If the application of the child produces secretion of milk, well: if not, a Lobelia and Slippery elm, or Bass wood, (Linn,) poultice with gum Camphor sprinkled on its surface, will keep the breasts from hardening and inflaming, and relax the orifices and let the milk escape. It will be sure to prevent sore breasts: *mark that, ladies.*

AFTER PAINS.

Keeping the patient warm, especially the

feet and the pelvic regions, will secure her against after pains, puerperal fever, &c. In all ordinary cases, when these means do not accomplish this object, remember the course of medicine. Attend her from six to ten days removing at once every difficulty and she will, in all ordinary cases, be about her business.

CHAPTER XXXII.

PRINCIPLES.

I am here compelled to refer again to the principles by which we are guided in the management of women and children, before I can so well point out the proper *ways and means* of applying those principles to every given case.

First: On the selfevident proposition that, as the female frame is wisely adapted to the performance of all the duties which will ever be incumbent on it in the course of nature, so, in our indications, &c., we are to aid when present, and imitate when wanting, these several operations, and to depart from these principles only so often and in such cases as we find that, from some casual obstruction of the

proper growth, there was a manifest departure from the course of these general laws in the original structure of that frame ; and then our operations must be precisely those that are calculated, as far as possible, to remedy the defects of such a structure.

For example, in all cases of well formed pelvises, we believe that a female may be, and ought to be safely delivered of her offspring without any other aid than that of keeping her system free from obstructions and strengthening her for the performance of her duty ; (that artificial intermeddling here, farther than to change the position so as to give a proper direction to the fœtus, is in all cases reprehensible ; but that, when the pelvis is so dwarfish or distorted as to present insuperable obstacles to delivery, then *Embryotomy* (or the Cæsarian operation) may be justifiable.

Second : *That all vital action is friendly to health*, and not to be opposed ; but, that any irregularities in this action, are indications of the presence of obstructions or causes of disease (in different degrees) which must be removed.

Third : *That all disease is caused by obstructions of some kind, to the full, free, and universal operations of the living principles, and is itself in essence, the incapacity or inability of some organ or organs to perform its or their proper office.*

Fourth: That these *causes* of disease must be removed by supplying the living machine with those substances or medicaments, and aiding by those processes which it is pleased to make use of in the accomplishment of its object:

Fifth: That the *intention* of the system in every effort to remove disease, is to remove the obstructions, generally, first, by relaxing itself, and secondly, by stimulating the vessels to an unusual degree of action, and thirdly, by restoring the organs to their original tone, and texture, and equality of action, or by renewing their connexions where they have been separated.

Sixth: The *obstructions* to vitality are, substances arrested in the *capillaries*, filling them up, or contractions of those vessels by irritating; substances relaxing them by opposing the action of the proper nerves, mechanical or chemical lessening of the organs, as wounds, bruises, ulcers, corrosions, &c.

CHAPTER XXXIII.

WAYS AND MEANS.

In the first, second, and third, which may be exemplified by the condition of the skin in fever, after taking a sudden cold, or the state of the stomach when cramped, or in constipation, or when the capillaries are filled through the whole system, as is often the case in jaundice and bilious fever, the means of removing them evidently are :

1st: TO RELAX THE PARTS OBSTRUCTED.

It is well known that a comfortable degree of warmth and moisture are the most natural, direct and convenient means of relaxing all animal bodies. Hence, when the stomach, bowels, skin, or *any other part of the system*, is unduly contracted, cramped, or collapsed, the application of mere warm water will afford some relief. If that water be in a state of *vapor*, it will do still better; hence the *vapor bath*, and *steaming* bricks, or rocks, are better than baths of *warm water*, &c. If materials that possess the power to relax the system, by

merely quieting the irritation of the organs, without in the least injuring their power to re-act, (such as Lobelia, Nervine, Boneset, &c., &c.) be added to the warmth and moisture, the effect is still greater.

LOBELIA.

The true therapeutic action of Lobelia, I think is not generally understood. Most persons are under the impression, that it is the principal agent in producing the action which we call vomiting, but this must certainly be incorrect. All practitioners, regular and irregular, who habitually use it, agree that its effect is *anti-spasmodic*, as it instantly relieves spasms, fits, lock-jaw, cramp, &c., and relaxes contracted sinews. But it is also agreed that vomiting is produced by muscular contraction either of the chest, abdomen, or stomach, or all combined. If this were the effect of the irritation produced by Lobelia, that article would not be as it certainly is, a sovereign remedy for *spasms*. But one would say, "how do you know that Lobelia does not; like Cayenne, produce alternate relaxation or contraction, perhaps by different properties contained in it, that act at different points of time?" I answer, I know it by the fact that the more vitality in the system, the less the relaxation, and the more speedy and effectual

the vomiting, after taking Lobelia ; and that on the other hand, the less vitality in the system, the greater is the relaxation and the feebleness the reaction ; and further, when there is little vitality, (as when the patient is dying,) there is no reaction at all.

ALARMING SYMPTOMS.

In what are called "the alarming symptoms," there is so little vitality, that the relaxing power of Lobelia completely overcomes the reacting power, and the only reason why death does not take place is, because Lobelia does not injure the organs, by destroying their sensibility or stopping the circulation ; but only overcomes, in a greater or less degree, during the period of its own influence, the disposition to reaction. The nearer the reacting power of the system is to an equality with the relaxing power of the Lobelia, the greater will be the struggle and alarm. As the effort of the system is now to recover its tone, giving Cayenne and astringents, will aid it in producing the reaction that constitutes the vomiting, which if free always relieves the patient.

Giving more Lobelia, throws the scale the other way, and makes her quiet a while longer. Letting her entirely alone, the Lobelia, after some time, loses its power to act, and then the

reactive energy of the system meets with no resistance, and recovers the condition of its organs as a matter of course.

When there is no disease, (that is, no debility of the organs,) the Lobelia has not power to relax the system much, and hence there is no room for any remarkable degree of reaction, and of course there is little or no vomiting produced. "But," says one, "are you sure that Lobelia possesses no other control over the living body than simply to relax its several organs?" I answer, I am not quite sure; but am perfectly convinced that, if it has fifty other influences, the one of relaxation so far predominates over them all, as to throw them entirely into the shade. "But, is not Lobelia a sudorific?" Yes; but its mode of producing this effect is by *relaxation* through nervous action, the contracted mouths of the excretories (or pores of the skin) and letting off that portion of blood called perspiration. It also promotes the secretion of bile and urine, by relaxing the vessels whose unnatural constriction is the cause of the retention of these fluids.

The object in giving here these facts, arguments, and illustrations of the *modus operandi* (mode of operation) of Lobelia, which are more extensively considered, is to establish the point, that Lobelia is to be considered, at all times and under all circumstances, and where-

ver applied, not only a pure relaxant, but the most powerful and innocent yet known. I wish this point to be well settled; for, if it be proved true, it at once puts to flight from obstetrics, the use of instruments, and even manual force, in every case, except, perhaps, the very few patients whose pelvises are known to be remarkably deformed, by rickets or some other unfortunate circumstance.

THEIR TREATMENT.

I must not leave this article without repeating the remark, that, though giving more Lobelia during the alarm produced by a course, will check the struggle of the system for a while, yet it rather prolongs the duration of the condition. Sweet milk, cream, or sweet oil will, by combining with it, check the action of what is already taken, and a dose of Cayenne and Bayberry, or other astringent, will aid the vital energies in producing the reaction or vomit, which puts a period to the whole transaction. I must also remark that, when Lobelia cannot be had, other articles that are known to act like it must be used in its stead.

Thoroughwort is an excellent article, but it is not, like Lobelia, a pure relaxant. The therapeutic principle of an emetic, must be speed in relaxation, great volatility, and inca-

capacity to injure the vitality of the organs on which it operates.

Such is that of Lobelia.

It is like the power that pulls a bowstring: it strains the bow quickly, and as suddenly lets it go; thus allowing it to recover its condition without injury to its elasticity.

Did it act slowly, the condition of the system would gradually give way to it, and suffer the encroachment to proceed without an effort at reaction.

Did it not cease to act suddenly, the reaction of the system also would be gradual, and would produce no vomit. Did it continue its power over the organs a great length of time, they, like the long bent bow, would lose their elasticity altogether. Such are poisonous relaxants.

They either break the bow at once, by overstraining, or they relax it so gradually, as to excite little or no resistance; or else they retain their possession till all the reacting power is destroyed.

The emetic effect of copper and zinc, is the resistance the system makes to their introduction into it, as its greatest enemies to healthy action.

They threaten "suddenly and rapidly to extinguish the vitality of the system," in exact proportion to the quantity given.

The administration of Lobelia, &c., in warm

teas, either internally or externally, (in the last case it may be combined with poultices, slippery elm, oils, &c.) is the best means yet known, to relax constricted or obstructed vital organs; and the more directly we can apply these means to the affected parts, the more speedily and effectually shall we accomplish our object.

It will depend upon the circumstances of the case, how long we may wish to continue this relaxation.

The means must, of course, be used as long as we wish the effect to continue; as, in fever, moderate steam and bland drinks should be continued till perspiration is free, so in cases of parturition, a Lobelia Liniment should be used; and fomentations or other applications of warmth and moisture, should be kept about the parts to be relaxed, till the end is accomplished.

In cases of local inflammations, tumors, ulcers, &c., these relaxant properties should be in poultices, which should be continued till the end is accomplished.

By the administrations of articles which soothe the action of the nerves, the constricted vessels are enlarged and the fluids combined with, and alternate and dissolve the morbid materials that obstructed the passage, and now,

THE NEXT STEP IS TO STIMULATE THESE VESSELS TO A HEALTHY ACTION.

For this purpose the acrid principle of Cayenne, in combination with a suitable portion of heat, is the best means yet known. Any other stimulant that is permanent and *innocuous*, that is, that will excite the organs to action without exhausting their power too suddenly, or depriving those organs of the power to react as well as before, may be combined with the Cayenne, or used instead of it when it cannot be had. The specific action of Cayenne is evidently in perfect harmony with the operations of the living power, that is, when the action is too low, Cayenne will raise it; when congested, it will extend its influence through the nerves to the circulation, till that action is equalized.

Therefore, whether Cayenne find the system or any organ of it, too much relaxed, or contracted, its power to excite the living principle, and of course organization, is adapted to bring the living organ from either extreme, to a healthy state. The stimulus of Cayenne then, in a morbid condition of the body, or any part of it, aided by the mechanical structure of valves, is calculated to push all the circulating materials forward through their destined course.

If applied to a relaxed stomach that is full of fluids, it produces vomiting; if the bowels

are in the same condition, dejections; if to the skin, when the system is full of fluids, perspiration; and lastly, (which comes more particularly under our present consideration,) if given to the stomach, (between which and the uterus there is an intimate nervous connexion,) at the time when the organ is disposed, but unable through weakness, to expel its burden, and also if rubbed lightly on the abdomen, it will aid in facilitating parturition. There is, on this very account, no one article in the materia medica, so universally applicable in all cases of disease, as Cayenne.

I can conceive of but two states of the living body, in which its internal use is injudicious; one is when the skin alone is obstructed and a consequent fever prevades the whole internal man, (rather a rare case,) when this occurs, to be cured by a plenty of bland fluids, and steam, or by the cold wet sheet; and the other is, when the patient is, in all respects, in perfect health; when its use would make them wear out their system too fast.

Cayenne is not directly injurious like brandy and other poison stimulants, because, first, it does not suddenly raise the action to an excessive degree, and then let it suddenly sink under consequent exhaustion. It continues the irritation for a great length of time, which so recruits the debilitated organs as to enable them

to retain their power and sensibility after the cause which aroused them to action, is discharged from the system.

Second, it never *destroys*, as do Opium, Nitre, Digitalis, Mercury, &c., the power, capability, or fitness of the organs for vital action, but rather renders them more susceptible to the action.

It is uniformly, *universally* true, that the more Opium, Nitre, or Mercury, you give a patient, the less vitality there will be in their physical organs; till paralysis apoplexy, or anasarca, &c., close the scene, and it is equally true, that the longer you give a patient Cayenne, the better effect it has upon them, and the less they need, till they get entirely well, and need it no longer.

If Cayenne be introduced into the system rapidly, it will produce momentary pain by relaxing the stomach before other parts relax, but if gradually introduced, and the outlets of the system be kept free, little inconvenience can be produced by giving it even in very large quantities.

But for its extreme pungent, and to some, (especially infants,) very disagreeable taste, and also the impossibility of always getting enough of it in its purity, we might safely rest satisfied with it in all cases where a natural stimulant is required.

Various other articles, however, as Ginger, Prickly ash, Snake root, &c., may be used as substitutes, when pure Cayenne cannot be had, or when its taste is peculiarly disagreeable.

Cayenne, then should enter into the composition of all those articles which are intended to excite the system or any organ of it, to a natural action.

"Why then," says an objector, "if Cayenne always stimulates the system in the same way, do you prescribe it both to prevent abortion and to promote parturition?"

I answer again, Cayenne always stimulates the living organs to act in harmony with the living intention. Now it happens that abortion is threatened by accidental contractions of the uterus, (by cold, fright, &c.,) or by a partial disengagement of the placenta, occasioned by excessive labor, walking, fatigue, &c., during a period when the natural disposition of that organ is to expand, to accomodate the growing fœtus; whereas, in parturition, that expansion having been carried to the utmost extent of the natural law, the disposition of the organ now is to contract, and expel the full grown fœtus.

If then, Cayenne aid the intention of nature it must of necessity, both prevent abortion, by removing the cold or obstructing fluids and allaying the irritation caused by fright, &c., and parturition by enabling the uterus to detach it-

self from the placenta, and expel from its cavity, that which, like ripe fruit, has no longer any need of nourishment from the parent stock.

Can we place too high a value on a medicine which almost supersedes the necessity of the administrator's knowing much more of the condition of the patient than simply that they are sick?

Some suppose that Lobelia is the most important article in the materia medica. In this opinion I cannot agree; for, though I admit that there are some cases that cannot be cured with Cayenne, nor without Lobelia, yet I am sure there are more that cannot be cured with Lobelia and without Cayenne, or something that will act as a substitute.

Indeed it may be said, that, while Cayenne is proper in every form of disease, (except the one just named,) it may as truly be said that Lobelia is proper *only* in one form of disease, and that is, where relaxation is necessary.— We would not give Lobelia to contract a muscle, after we had relaxed it to set a bone, to restore the tension of the viscera after we had reduced a *hernia*, (rupture,) or a prolapsus, nor would we give it to a patient to restore the strength, after a course of medicine had removed the cause of her weakness.

But Cayenne is not only invaluable in all these cases; it is even so in aiding Lobelia in

all its own appropriate spheres, as in removing a fit and reducing a lockjaw, &c. &c.

"For all its virtues to relate,

Would tire e'en Fabius with eternal prate."

"How then," says the objector, "does Lobelia always harmonize with the living intention, if its sole power is exerted in relaxation? Surely we do not always wish to be relaxed?"

I answer: Lobelia is a medicine.

We do not recommend it as food.

As a medicine it always acts according to a certain intention, viz: to relax.

When a patient is sick, there is always some morbid material, (as canker,) or contracting influences, (want of heat,) in the system, which it is the intention of the living power, the vital energy, (*vis vitæ*), to remove. But this morbid matter, (or the cold fluids) cannot be removed till the vessels in which they are lodged be relaxed.

Therefore Lobelia acts in harmony with the intention of the living power, aiding her in the first step to remove disease. Were Lobelia able entirely to overcome the living power as Opium does, or to destroy the capacity of the organs for action, by continuing its deadly grasp upon them, as Mercury does, it would be a poison, *like them*, ; but it only relaxes the organs, that is, takes off their tension till they rest a while,

to re-commence their operations in a short time, with redoubled energies. Glorious medicine! It acts in perfect harmony with the living intentions.

But he must be a sad blunderer in therapeutics, who gives it for any purpose except to relax the vital organ or organs to which he applies it.

CHAPTER XXXIV.

CANKER MEDICINE.

In addition to Cayenne we have several articles that are calculated "to scour the stomach and bowels, and to remove the thrush," or canker from the system. From what I have said of the relaxing power of Lobelia, the stimulating principle of Cayenne, and what I shall presently say of the tonic power of bitters, &c., the reader will perceive that all the intentions of the living principle, in the restoration of health, are fulfilled by the articles above named, and, perhaps be at a loss to know what peculiar office I shall assign to the articles, that are said to be "good for canker." In elucidation to this subject, I remark:

It is well known, that the effect of introducing canker medicines into the system, is to stimulate the glands, to cause the saliva or spittle to flow freely, to detach the thrush from the mouth, and to promote secretions wherever their influence extends:

Now, it is very certain, that neither saliva, nor any other secretion can flow freely, till the vessels from which it is secreted, are first relaxed to permit the discharge, and then stimulated to reaction to aid the valves in pushing along the fluids to the place of their destination.

It is this alternate relaxation and reaction, aided by the fluids thus put in motion, that disengages the canker or thrush from the parts on which, or the pores in which, while inactive, it settles, and to which it adheres.

It is therefore demonstrated that the canker medicines possess a compound character, combining the relaxing properties of Lobelia with the irritant properties of Cayenne.

The astringency of some, as Witch Hazle, Sumach and Raspberry; and the bitterness of others, as Hoarhound, Wormwood, Tansy, Chamomile, Bitter root, &c., prove that they might also, be placed among the class of tonics and restoratives.

It is important to remember these facts, as they show why it is that the canker medicines generally, so efficient in removing disease and

restoring a healthy condition of the organs, without the aid of either Lobelia or Cayenne.

They carry on gradually, at the same time, all the operations of a full course of medicine.

These facts also prove, what all experience confirms, that *Cayenne* itself, is the simplest and most efficient of all the canker medicines.

It has been supposed that roughness is essential to a canker medicine, but this cannot be correct, as some of the roughest articles when chewed, "leave the mouth dry and parched."

It may be asked then, "if Cayenne is the purest and most efficient canker medicine known, why not depend on it altogether and not seek any other?" I answer, the chief nature of canker medicines depends on the acrid properties they possess, which are calculated to excite the living action.

These properties are various, stimulating the organs in different ways; the effects of some being very disagreeable, as those of Cayenne, Prickly Ash, Gum Myrrh, &c., those of others very agreeable, as the juice of a delicious Apple, and of an Orange, and of various other fruits.

Other pungent articles may produce all other imaginable sensations, between the most delightful and the most disagreeable.

It is our duty, as well as our pleasure and interest, to select out of this vast multitude of

irritants, those which will produce the best effects with the least unpleasantness in the administration.

They will be different for different persons, and in different states of the same body. Of course, if a patient has a peculiar dislike to the taste, or mode of operation, resulting from the administration of one kind of canker, or stimulating medicines, we should try another, which may be less objectionable, and equally useful. On this principle, we administer to infants and weak patients, Ginger, instead of Cayenne. Raspberry, Witch Hazle, or tea of dried Apples, instead of Bay Berry. Poplar Bark tea, sweetened with Molasses, instead of common Bitters.

Many substances agreeable to the taste, as dried Apple tea, Molasses and Vinegar, &c., will cause the saliva to flow freely as Cayenne. These should, therefore, be chosen instead of that article, when the object is merely to keep the mouth moist, and to slake thirst.

The fact that an article produces a most powerful and disagreeable sensation, is not proof that it is the most effectual in the cure of disease.

Witch Hazle tea produces a pleasant effect on the organs to which it is applied, yet no article excels it in closing the relaxed mouths of vessels. So Sage, Pennyroyal, Catnip, and

Balm, all pleasant to the taste, are as good sudorifics in ordinary cases, as Cayenne ; and Clivers is as good a diuretic as Tansy.

Moreover, judicious combinations of the most pleasant with the more acrid articles, will so modify the latter as to render the whole unobjectionable to the taste, while the combinations themselves will be far more efficient in removal of disease in general, than even the most efficient simples when used alone.

Another important property of the Canker medicine, is the astringent and antiseptic influence of the tannin they contain, this principle coagulates the phlegm, renders it thick and ro-py, and thus greatly facilitates its entire removal ; while, by its stimulant power, it keeps up such an action in the system, as to remove all morbid agents from the body before they produce inflammation and gangrene.

CHAPTER XXXV.

RESTORATIVES.

It now remains to consider the last class of remedies: which I here call restoratives. Many

of them are bitter, but they are not all necessarily so.

It is important in the restorative process, not only to furnish the bitter principles, but to keep up the reaction in cases of relaxation, as after diarrhœa, and the relaxation in cases of too much tension, as after costiveness.

Hence we need some restoratives to furnish the bitter principle, as Balmony, Golden Seal, Yellow Poplar, Wild Cherry, Peach Tree Leaves, Bark, and Meats, &c., and yet others to relax constricted organs, as Butternut, Bitter Root, and the like, and we often want the combination of them all with the stimulant property of Cayenne.

This demand for general remedies, in almost all cases of sickness, has stamped such a permanent value on the "Composition powder," which combines almost all the properties wanted in the healing process. I may close this article as I did the last, with the remark that restoratives the most disagreeable to the taste and in their effects, are not necessarily the most efficient in the cure, and that a judicious combination of the several articles demanded by the given case, will be both more pleasant, and more salutary, than the most irritating simple, unmodified by the more mild. I account for the fact that they are more salutary, by supposing that their different properties may stimu-

late different organs, or the same organ in different ways, and that they may also supply some of the materials whose deficiency in quantity, or inaptitude for vitality may be the secondary or the proximate cause of the disease.

The fourth condition of the body; *organic lesion*, comes rather under the head of restorative treatment, than the removal of disease, inasmuch as the business of the practitioner is rather to aid the living power and protect and supply the organs with whatever materials they want for the performance of their own duty, than to remove by art, any obstacles to their operations.

If, however, the lesion be a fresh cut, we can often so unite the parts as to give efficiency to the tendency of the organs separated, to reunite, and the permanent restoration is almost immediate. In case of bruises, ulcers, &c., we must aid the powers of life, by keeping the whole system clear of obstructions, protecting the parts from the action of the atmosphere, or other injury, and sustaining the action of the organs at the healthy standard.

I shall now proceed to describe the mode and means of giving what is called a course of medicine.

CHAPTER XXXVI.

A COURSE OF MEDICINE.

As soon as you determine on giving a course of medicine, in a cold, languid, debilitated and chronic case, give about one-fourth of a tea spoon full of Cayenne in a little Milk, Honey, or Molasses, to commence raising the action of the system.

Put into the fire a dozen half bricks, or as many rocks of the same size. Into a two quart pitcher, put an ounce, or a very large table spoon full, (heaped as high as you can,) of Canker powders, or Composition powder, a tea spoon full of Nerve powder, and an ounce of Brown Sugar, mix them well with a spoon, pour on a quart, or three pints of water that is thoroughly *boiling*, and then stir it until the powder is all wet. After it settles a little, pour out a tea cup *half* full, dilute it a little with cold water, and, if Composition give it, if Bayberry, add Cayenne enough to make it as hot as Composition would be, and then give it.— Pour out another cup *full* and set it on the table, or window to cool. Pour out half a cup and put into it cold water till it will not burn

your mouth, add five tea spoons full of powdered herb of Lobelia, or three of the seed, and let it stand where it will keep warm. Pour off another tea cup full of the tea, put in a tea spoon full of Cayenne, one of Nerve powder and one of Lobelia seed, and let it stand where it will keep warm. Give the second cup of tea about five to ten minutes from the first, and get your steam apparatus in readiness. Pour out another cup, put into it a quarter of a tea spoon full of Cayenne, and give it about ten minutes after the second cup. Prepare also about a quart or more of Pennyroyal, Sage, Catnip, or Peppermint, or some other kind of pleasant tea, to drink during the steaming, and also during the operation of the emetic, when the Canker tea is particularly disagreeable. By this time the steam should be ready.

If the bowels be either constipated or much relaxed, obstructed, or cold, or if there be pressure to the head, or lungs, an injection of the Canker tea with Cayenne, Slippery Elm, and a little Lobelia, should be administered before getting over the steam. This plan is always good, as it tends greatly to equalize the heat of the body, and prevent the unpleasant sensation of fullness in the head and chest, often experienced during steaming. It is also an excellent plan to wash the feet in warm soapsuds, or ashes and water, scrape off the

dead skin, throw away the dirty water, and fill up the vessel with clean, as hot as it can be borne to keep the feet in while steaming.

STEAMING.

Put two strips of board about two inches wide across the top of the largest wash tub about the house, in such a manner that you can set an open, flag, or split bottomed chair upon them, with the back directly over the edge of the tub. Put into the tub a common wash basin or other small vessel, and then place the patient upon the chair; covered only with a blanket or quilt, pinned around the chair and tub in such a manner as to exclude all the air except from the face. It is generally necessary to use two blankets or quilts for this purpose; the most convenient way of wrapping them around the patient is, to place the first blanket on the front of the patient and pinning the ends together on the back, then placing the other on the back of the chair and pinning it on the front; it should be pinned so closely around the neck as to prevent the steam from rising in the face.

As soon as she is seated, and thus dressed, raise the blanket a little at the bottom, and pour from the tea kettle, (which must always be ready,) about two or three quarts of boiling water. Now give her a little more hot tea,

and take, with the tongs, a brick or rock from the fire, put it partly into the water, but still hold it fast, till it is so much cooled by gradual depression in the water, that it will not make too much steam, when you can let it entirely into the basin and leave it there till it ceases to make steam enough, when you should take it out of the basin and leave it in the tub, on the side where the patient feels the coldest. Give a little tea of some sort, with Cayenne, if necessary, every time you change the brick.—Take another brick and use it as you did the first. If sickness at the stomach occur, the patient's face being red, her muscles strong and body restless, give a little tea with Cayenne, dash a little water suddenly on the face and breast, and she will soon vomit and be relieved. If faintness, weakness, and paleness occur, lower the steam by removing the brick and opening the blanket about the neck, and dash the face, if necessary the breast, with cold water, and if this is not sufficient, take hold of the back of the chair, and pull it back, (seating yourself in another,) until the head is at least as low as the pelvis, and retain her in that position giving her warm teas, and occasionally sprinkling the face with cold water, till she recovers her strength, when she should be raised up again, and the steam applied until she gets warm.

Steamings should not be measured by hours or minutes. The object of steaming is, in cases of cold and consequent fevers, to open the pores and let out the cold dense fluids.

In patients filled with cankerly fluids, it is to carry out the virus that may be afloat in the system at the time, and to excite the skin to action by the stimulus of heat. The first will be accomplished when the patient sweats freely all over, and her flesh is hot particularly on the knees and on the tops of the feet just back of the toes. The second should be continued as long as, by giving freely of the pleasant tea before mentioned, with occasionally a little Cayenne, she can comfortably endure it. During the latter part of the steaming, let her be washed clean with warm soapsuds and a cloth, over every part of the body, to get away all the dead skin, and the *dirt* that is *loosened*, and the morbid matter that was disengaged, that it may not be absorbed again. This is very important.

After washing, close the blanket, put in a hot rock, give a little hot tea to raise the action pretty high, and then dash with cool water, rub dry, and put on the under clothes, and help, if necessary, the patient into bed, and put a steaming stone or jug of boiling water to the feet.

EMETIC.

Give another cup of tea, and soon after a cup of the emetic first prepared. After ten minutes at most, whether the patient pukes or not, give more tea, and soon afterwards, as much more of the emetic tea, as you can clear off from the powder.

Now follow up with tea every five minutes or so, (putting into the pitchers when necessary more boiling water,) till she has puked at least once freely. Fill up the cup of Lobelia with tea again, and, after it has stood a while, strain and press it. Continue the teas, using the tea of Lobelia if necessary, till the stomach is settled, making them as stimulating as the case requires, and adding a little pearl ash or salæratum about the size of a pea, whenever the stomach appears sour, or if there has been a sufficient quantity of Lobelia given, and vomiting does not ensue after a lapse of the proper time. Rub the surface dry often, if the perspiration is continued and profuse.

It must not be forgotten to keep something warm at the feet; a warm brick, jug of boiling water, or even a warm flat iron, (though this is not as good as the others.) If the patient is very sick, full of tea, and cannot vomit, give her a large table spoon full, out of the cup containing the Lobelia, Cayenne, and Nervine, and this will do the work.

If her stomach is cramped, give her a cup of weak tea of Lobelia. If it burns, give a little sweet milk. or milk porridge, continue the processes, especially the canker tea and Cayenne, till the stomach appears free from morbid matter and settled, in all weak, chronic cases, using porridge freely after the first free vomiting.

It will often seem as though the stomach were sick, when, in fact, the disagreeable feelings are caused by mere emptiness, and will be removed by a tea cup full of porridge. If the stomach refuses to settle, give an injection, and the patient will either get better or puke. If she sickens and does not puke, give tea and Cayenne and rub the *gastric* region, (region of the stomach.) If one course does not appear to give relief, give another after an hour or two.

Keep up the action and advantage gained, by stimulants and tonics, and, while the patient improves fast courses are not necessary ; but if she sinks repeat the courses. When it can be had, a steam pipe is better than bricks or rocks. When steaming for the cure of *Uterine* diseases, it is best to confine the steam below the waist. As it will very frequently happen, that it becomes necessary to give an emetic without the vapor bath, I shall, therefore, give some more simple directions concerning the

administration of an emetic, and also proceed to show when steaming is necessary, as it is a kind of vulgar idea entertained by a large portion of community, that we 'Thomsonians' "steam and puke for every form of disease."

CHAPTER XXXVII.

DIRECTIONS FOR GIVING AN EMETIC.

- ½ oz. of Bayberry Bark,
- 1 oz. of Lobelia Herb,
- 1 tea spoon full of Cayenne,
- 1 oz. of Spear Mint Leaves,
- 3 Pint Bowls,
- 3 Saucers and some Brown Sugar,
- 2 Tea Spoons and one Table Spoon,
- 1 Gallon of Boiling Water.

These constitute the materials necessary for the administration of an emetic. Place the bowls on the table, put the Bayberry, Lobelia, and Spear Mint, (or if the mint is not at hand, other pleasant teas will answer, as Pennyroyal, Catnip, Sage, Peppermint, Balm, &c.) each in separate bowls, fill the bowls that contain the Bayberry and the Spear Mint full of boiling

water, and the one that contains the Lobelia about two-thirds full, stir each with a separate spoon, and then cover the bowls with the saucers, (turning them upside down.) Now commence giving the tea, give about two-thirds of the Spear Mint Tea first, (by giving a saucer full every five minutes,) then give about one-third of the Bayberry, in the same manner, then pour out one-third of the Lobelia Tea and give it at one dose, if this does not produce vomiting in five minutes, add a little Cayenne to some of the Bayberry and give it. This will produce vomiting in all ordinary cases.— After the patient has vomited, or after the lapse of ten or fifteen minutes, give the rest of the Bayberry, then what was left of the Spear Mint and then the remainder of the Lobelia, then after the patient has vomited the second time, she should have a little porridge and a cup of Composition tea. All the teas should be given warm and sweetened to suit the taste. (For further directions see Ways and Means.)

CHAPTER XXXVIII.

WHEN STEAMING IS NECESSARY.

High heat is a tonic. When the skin is cold, lax, and clammy, it has lost its tone or

tension. Steam will stimulate it to a natural action, and enable it to hold the heat of the body in quantity sufficient to keep the whole warm. If the skin be very hot and parched, its tension is too great; sponging with lukewarm water, (in which a quantity of salætatus has been dissolved,) and giving warm teas as the various mints, &c., till the perspiration is free, is better than steaming, as there is so much heat directly under the skin, that none is needed outside of it. After giving emetics and injections, which let down the inward action and take off the tension of the skin, the steam may be applied to advantage; and it will aid in the removal of the morbid matter from the *capillaries*, the deep seated *glands*, &c. If the skin be dirty or scruffy, though it be neither parched or clammy, steaming is necessary to cleanse it. If it be clean, of a natural color and temperature, and so active, that a cup or two of weak Cayenne tea will excite a perspiration, but not succeeded by chills, and the extremities be not cold or inactive, *steaming is not necessary*.

FOOD IN THE COURSE.

Weak patients, and those that have not lately eaten, should have milk porridge, or chicken broth, or beef tea, or rice water, or toast water, or some other nutriment after the first free vomiting.

After the course is completed, a little pleasant bitter, as peach syrup, or some other similar compound should be given, and then the patient may have a little dry toast, a cup of milk and water or chocolate, a little broiled or fried bacon, or mush and milk, or indeed almost any thing that she craves; and at this time she will seldom, though sometimes, be inclined to eat too much. The demands of the appetite at this time, though often very singular, are, in my opinion, our best guides as to what is our proper food.

A little Spiced Bitters or Golden Seal and Cayenne, or chewing some Ginger, or tea spoon full of Cayenne and molasses mixture, taken soon after, will prevent it from hurting her.

When the patient craves something solid or salt and acid, give her a piece of *broiled* fish, bacon, or dried and *broiled* beef, with vinegar and Cayenne, which I have never known hurt any one that craved it.

Though, for a well person, and in general, I prefer vegetable food to flesh; yet, when the stomach is weak, it wants something that will digest quickly, lest it should sour and fill the stomach, as well as the bowels, with carbonic acid gas, producing distressing colic in the bowels, and pain at the pit of the stomach.

But she frequently desires to go to sleep, and then she should be permitted to do so, and

be fed when she wakes. If she has perspired freely during sleep, she should be rubbed dry, and dressed with dry clothes, when she wakes.

CHAPTER XXXIX.

FOOD AFTER THE COURSE.

Before I leave this subject, I may as well give what are considered the best directions respecting diet, for all persons, at all times, old or young, male or female, sick or well.

The fundamental propositions are :

1st.—The feebler the digestive organs, the more urgent the necessity for selecting that food which requires the least exertion of those organs to derive from it the greatest portion of nourishment, that is, the more nourishing and the more easily digestible, should be the food in proportion to the quantity taken. This will not be doubted by any one who reflects upon it.

2d.—The only means by which a patient can certainly know what articles of food are, to him the most easily digested, and will afford him the most nourishment, his actual *experience*, not the *experience of others on others*, nor his own on others, but *of himself and on himself*.

CHAPTER XL.

GENERAL DIRECTIONS.

First: Whether sick or well never deny yourselves variety in food, but reject only that which your own experience tells you is not good, and in all cases, confine yourself to what is generally considered a small quantity.

DO NOT EAT TOO MUCH, SICK OR WELL.

In explanation of this rule, and to guard against the abuse of it, I must remark, that we must not mistake a good effect that is temporarily disagreeable, for one that is in its nature bad, for the best article of food, as milk, sweet butter, and many vegetables, milk often so excites the living organs to an effort to throw out the canker, phlegm, morbid secretions, &c., from the system, as to make us feel very disagreeable, and induce us to suppose that those articles of food "hurt us" when, in fact, they are acting, not only as food to nourish us, but as salutary medicines to rid us of disease. When therefore any article of food that is *generally good* for us, actually makes us sick, we may conclude with certainty that we were sick

before we ate it, and kindly warned by the disturbance it produces, of the propriety if not the necessity of taking at once a full course of medicine, to remove at once the real cause of that disturbance.

Second: When a great number and variety of articles are eaten at once, there is much more danger of eating too much, than when the whole meal is made from a single article, because, in the first case, after some of the cravings, as for meat, bread, &c., are satisfied, that no more would be eaten if confined to them, there may yet be some cravings or tastes that will carry down without disgust, an additional quantity of pies, cakes, puddings, sweet meats, &c. This is the reason why high living is supposed to produce gout, &c., and the very reason why it produces *decay* of the *teeth* *Dyspepsia*, and *Consumption*, not that spices and sweets are in themselves, in reasonable quantities, more injurious than meat or bread, &c., for experience proves that the aromatic spices, as Cayenne, Cinnamon, Ginger, Cloves, Nutmegs, &c., which were formerly supposed to produce gout, are, in reality the best possible means of curing it. Hence, a person that cannot confine themselves to a reasonable quantity of compound food at a meal, should make every meal of a single dish, and change every meal if they wish.

Third : When you wish to remove obstructions, or restore health, use *together* a good number of the best articles, and processes that are calculated to effect the object you have directly in view, and follow them *immediately* with a similar combination of means and processes that are adapted to the fulfilment of the next intention, being careful always that the various means used shall produce effects in due proportion with each other.

For example, Cayenne in pills is calculated to excite the system, generate heat, remove obstructions, pain, &c., but, all these operations are greatly aided by putting the article into hot water, and the patient into the steam bath, so Lobelia alone will relax the nerves and muscles in such a manner that the reaction of the whole will, in general, produce a vomit, but these processes are much facilitated by the addition of Boneset, Pennyroyal, steam, and Cayenne. So the bitter herb is a very good tonic, but in cases of great debility, the addition of some astringent will help the cause, and if the bowels are constipated, some laxative, as well as bitter and astringent, is indispensably necessary. Sprinkling Cayenne into the stockings, rubbing the feet with a strong vinegar tincture, will still further aid the *process of cure*.

OTHER MEANS,

OF WARMING AND RELAXING THE SURFACE.

Inasmuch as the modes and means of steaming herein mentioned, are not convenient in all places, nor at all times to the same person; I here mention others which can be used as substitutes. When the skin is moist and cold and the patient cannot be conveniently steamed and rubbed dry, the best applications in bed are gallon jugs of boiling water wrapped in a thick cloth and put at the feet, and sides. Common flat-irons will answer a good purpose in this case, or the stimulating wash may be applied. But when the skin is dry and contracted, whether cold or hot (it will generally be the latter) wrap the bottles or irons in wet cloths, if good porous rocks or bricks cannot be had, or wrap in a cloth a dozen or so of large boiled potatoes, or ears of corn, or very porous green wood as ash, &c., just out of the boiling water, and apply them, renewing them as they cool. When the skin is very hot and dry, and the heating applications are oppressive, sponge the body and limbs with water neither so hot nor so cold as to be disagreeable, till it becomes cool and comfortable, giving diluted sudorific, (but not heating) drinks as Sage, Pennyroyal, Catnip, Balm, the various mints, &c.

till perspiration is free and the pulse begins to diminish in frequency and increase in volume, when you may give Cayenne according to the necessity of the case.

When the skin is cold, lax, and inactive, use freely some good stimulating liniment, or the stimulating wash all over the system, and a little Cayenne in the bottom of the stockings, to keep up the action of the skin and prevent the feet from becoming cold.

IT IS NOW IMPORTANT TO MAINTAIN THE ACTION GAINED.

The first step in this process, is to give regularly, just Cayenne enough to maintain a standard action in the system. (If more than is necessary of this article be given, it will produce fever, high excitement, and uneasiness, or else profuse perspiration at night.) So long as the quantity regularly given produces neither of those effects it is not too great. If fever and irritability, or profuse perspiration occur, lessen the quantity of Cayenne.

THE NEXT STEP

Is to furnish the system with bitter articles, which experience proves are calculated to correct and increase the biliary secretion, and promote digestion, and of course restore the natural

action of the various organs. A compound of Poplar, Golden Seal, and Balmony, in equal parts, may be styled a neutral bitter, it being neither laxative nor astringent, this and Composition given alternately morning and evening, and Cayenne on the food at dinner, are suitable restoratives for a patient, whose bowels are neither too loose, nor too constipated.

IF THE BOWELS ARE TOO CONSTIPATED,

give the same articles, adding enough of Butternut, Bitter Root, or some other mild and innocent laxative, to produce from one to three motions in twenty-four hours.

If the voluntary dejections be bilious, that is light yellow, acrid, or cutting, or very offensive, five or six a day, will be of service, provided Cayenne be given freely, and the patient steamed daily to keep up the action of the general system, and the tendency to the surface, and a stimulating injection or two a day be added.—After several days, these free passages of acrid bile, &c., will either cease of themselves, or begin to weaken the patient. If the latter effect takes place, use many and warm astringent injections, and give a thorough course of medicine, steaming after the emetic, and confining the steam below the waist, as already directed, till the lower parts be as warm as they

can bear; then letting the steam all over the system till the whole body is very warm before you dash with cold water; indeed, this is the best mode of steaming in every case; for, while the lower parts are generally the coldest, and need the most heat, the tendency of that agent is to rise as high as it can; of course, when the blanket is loose around the body, it surrounds the head, neck and shoulders, and expands and stimulates the vessels there, more than those of the lower extremities, which perhaps are the only parts that much need its influence. In proof of these assertions, every attentive practitioner has observed that, in steaming in the ordinary way, the head, neck, and breast often become uncomfortably warm, while the knees and feet still remain cold, and if he try my plan of confining the steam below the waist in similar cases, he will find that the upper parts will be sufficiently heated through sympathy with the lower, even though the steam should not be permitted to surround them."—*Curtis's Obstetrics.*

COMPOUNDS.

1. No. 6.

Take Gum Myrrh,	1 oz.
Cayenne Pepper,	$\frac{1}{4}$ oz.
Brandy, or Whiskey,	1 quart,

digest ten days. This is one of the compounds of Dr. S. Thompson, it is an *excellent remedy for pains, cramps, &c.*

2. TINCTURE OF LOBELIA.

Take Lobelia Seed	4 oz.
Proof Spirits,	1 quart,

digest ten days.

3. NERVINE TINCTURE.

Take Scullcap Leaves	4 oz:
Lady Slipper Root	4 oz.
Ginseng	2 oz.
Alcohol	1 quart,

digest ten days.

Dose.—One table spoon full.

4. 3d. PREPARATION.

Take equal parts of No. 6, Tincture of Lobelia, and Nervine Tincture, to 1 quart, add 1 oz. of the oil of Annise.

Dose.—One table spoon full.

This is one of the best remedies that I know of for pains, cramps, spasms, fits, lock jaw, &c., if given to children, it may be put in a little warm water, it will give instant relief in convulsions of children.

5. COMPOSITION POWDER.

Take Baybery Bark	2 oz.
Ginger Root	1 oz.
Cayenne	$\frac{1}{8}$ oz.
Cloves	$\frac{1}{8}$ oz.
Sassafras—Bark of the Root	$\frac{1}{4}$ oz.

all finely powdered and thoroughly mixed.

Dose.—One tea spoon full in two-thirds of a tea cup full of boiling water. Sweeten and cream and drink warm. *Use.*—Excellent to use in all cases where there is a necessity for producing perspiration and raising the heat of the system.

6. NERVINE TONIC.

Take Lady Slipper Root	1 oz.
Scull Cap Leaves	1 oz.
Ginseng Root	$\frac{1}{4}$ oz.

all finely pulverized.

Dose.—Same as "Composition." *Use.*—This is excellent to quiet and strengthen the nerves, and should always be used where there is de-

bility or irritation of the nerves. (If all the articles cannot be had, either of them will answer.)

7. CATHARTIC POWDER.

Take Jalap	1 oz.
Senna	2 oz.
Cloves	$\frac{1}{2}$ oz.

all finely pulverized.

Dose.—One tea spoon full, in sweetened warm water. This is a very mild physic.

8. ASTRINGENT TONICS.

Take Bayberry Bark	1 oz.
Witch Hazle Leaves	1 oz.
Birch Root	1 oz.
Crane's Bill	1 oz.

Sumach leaves finely pulverized. 1 oz.

All or any one of them steeped in boiling water. Are excellent articles in case of flooding.

9. ANTI DYSPEPTIC POWDERS.

Take Golden Seal	2 oz.
Yellow Parilla	1 oz.

pulverize fine.

Dose.—Half a tea spoon full four times each day, in a little water. *Use.*—Excellent in all cases of weak digestive organs, &c.

10.

SWEATING POWDER.

Take Boneset Leaves	1 oz.
Cayenne Pepper	$\frac{1}{4}$ oz.
Lobelia Seed finely pulverized.	$\frac{1}{8}$ oz.

Dose.—From three to six grains, or enough to produce a slight nausea at the stomach.—

Use.—Good to keep an action on the surface, and to “keep down the fever;” and should always be given when this action is indicated, as in fevers, pleurisies, &c. It should be given in a little water, (not mixed with molasses, &c.) in combination with bland teas, as the Mints, Balm, Sage, &c.

11.

SPICED BITTERS.

Take, Poplar Bark and Golden Seal	
each	4 oz.
Bayberry Bark	6 oz.
Prickly Ash (or Ginger)	2 oz.
Cloves	2 oz.
Unicorn and Nerve Powder each	3 oz.
Cayenne Pepper	1 oz.
Loaf Sugar pulverized fine.	25 oz.

Mix well. This is an excellent restorative.

Dose.—One tea spoon full.

12.

COUGH POWDER.

Take Skunk Cabbage Root	2 oz.
-------------------------	-------

Indian Turnip	1 oz.
Bloodroot	$\frac{1}{4}$ oz.
Lobelia Seed	$\frac{1}{8}$ oz.

pulverized fine and mixed.

Dose.—One-fourth of a tea spoon full, (or as much as the stomach will bear,) every two or three hours. *Use.*—Excellent to loosen a cough and relieve the lungs.

13. CONSERVE OF HOLLY HOCK.

Add to 1 lb. of spiced Bitters 1 oz. of Bitter Root, 1 table spoon full of Oil of Pennyroyal and 1 lb. of the fresh Blows of Hollyhock bruised fine. Mix like dough, cut out in cakes to dry. This is convenient to carry, and is good in costive habits.

14. SWEATING TEA FOR CHILDREN.

Spear and Peppermint each one handfull, Lobelia Leaves one-half handfull, boiling water one pint.

Dose.—Two table spoons full to a child three years old. Excellent to cleanse and settle the stomach, produce perspiration, loosen the phlegm, &c.

15. SYRUP FOR DIARRHŒA.

Poplar Bark, Golden Seal, Bayberry and

Hemlock, equal parts boiled and strained.—Then boiled down strong and sweetened well with loaf sugar. If it is rejected by the stomach, use the above tea.

Dose.—Four table spoons full often repeated.

16.

ANOTHER.

Take Poplar Bark, Golden Seal, Boneset, Balmony, Peach Leaves, Hops, and Butternut Bark; make as above.

Dose.—Two table spoons full every two hours until relief is obtained.

17.

COUGH SYRUP.

Take Spikenard	1 oz.
Hoarhound	1 oz.
Liquorice Root	1 oz.
Elecampane	1 oz.
Boneset	1 oz.
Butternut Bark	1 oz.
Poplar Bark	1 oz.
Wild Cherry Bark	1 oz.

boil in a sufficient quantity of water, till the strength is out, then boil down and sweeten with loaf sugar.

Dose.—One table spoon full four or five times each day. If the cough is tight, use the Cough Powders, or take a course of medicine, or add Lobelia tincture to the syrup.

18.

WINE BITTERS.

Take Golden Seal	1 oz.
Poplar Bark	1 oz.
Bitter Root	$\frac{1}{2}$ oz.
Balmony	1 oz.
Bayberry	1 oz.
Cayenne	$\frac{1}{4}$ oz.
Lady Slipper Root	1 oz.
Sweet, or Port Wine	2 qts.

Dose—One table spoon full four times each day. This is an excellent tonic, for debilitated females.

19.

STIMULATING LINIMENT.

Take Cayenne	4 oz.
Alcohol	4 oz.
Spirits Turpentine	4 oz.
Sweet Oil	1 qt.

put in a bottle, stand it in a vessel of cold water, let it stand over the fire until it boils, then remove and add two ounces Gum Camphor, do not leave the bottle corked, until cool. This is a good remedy for strains, bruises, rheumatisms, sciatica, and also for frozen feet.

20.

ANOTHER.

Take Oil of Sassafras	1 oz.
Oil of Spruce	1 oz.

Oil of Origanum	1 oz.
Alcohol	3 oz.

For pain in the head, joints, &c. For headache it should be applied to the opening of the head.

21. FOR NEURALGIA, (OR PAIN IN THE FACE.)

Boil 4 oz. of Cayenne in 1 pint of Alcohol, strain, then add 2 oz. of Oil of Sassafras, and 2 oz. of Gum Camphor, bathe the parts affected, using at the same time the compound pills, and Nervine tonic, if this does not give relief, give a course of medicine, and then use as before.

22. COMMON INJECTION.

Take Boneset Leaves 1 oz. Cayenne $\frac{1}{2}$ tea spoon full, Boiling Water 1 pint, let it stand fifteen minutes, then strain. Use to relieve the bowels and excite them to action.

23. ASTRINGENT INJECTION.

Take Bayberry 1 oz. Cayenne 1 tea spoon full, Boiling Water 1 pint, strain and add 1 table spoon full of Sweet Oil. Use to relieve piles, gripings, &c.

24. CATHARTIC PILLS.

Take Mandrake Root	2 oz.
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Socotrine Aloes	1 oz.
Blood Root	$\frac{1}{2}$ oz.
Cayenne	$\frac{1}{4}$ oz.
Lobelia Seed	$\frac{1}{8}$ oz.

pulvirize fine and mix in Butternut extract, make in pills.

Dose.—From four to six.—*Use* in all cases where a brisk cathartic is necessary, as in Bilious Fever, &c.

25. COMPOUND PILLS.

'Take, Lobelia Seed	1 oz.
Cayenne	1 oz.
Bitter Root	1 oz.

pulverize fine, mix in pills with extract of Butternut.

Dose.—Two to five, as the stomach will bear. Useful in spasms, neuralgia, torpidity of the liver, and also "to loosen a cough," &c.

26. LIVER PILLS.

Take Mandrake	1 oz.
Blood Root	1 oz.
Cayenne	$\frac{1}{4}$ oz.
Lobelia Seed	$\frac{1}{4}$ oz.

pulverize fine, mix in Butternut extract.

Dose.—Two, morning and evening. *Useful* in torpidity of the liver, ague, &c.

27.

STIMULATING WASH.

Take Cayenne	½ oz.
Salætatus	1 oz.
Boiling water	1 pt.

let it stand until cool, then wash off with a woollen cloth, this is a good remedy for exciting the surface and relieving internal congestions, it is more convenient than the vapor bath, especially for children, no one knows the value of this until they try it.

28.

ELDER SALVE.

Take a quantity of inner bark of White elder simmer it in a small quantity of butter (either fresh or salt,) or Sweet oil, strain and press, this is used for healing sores that are clean and healthy.

POULTICE.

Take, 1 handfull of Sassafras leaves, bruise and stew them in sweet cream, this is excellent poultice for painful swellings, as boils, sprains, &c., Slippery Elm bark will answer if the leaves cannot be had.

FOR BURNS.

As soon as the accident happens wrap the

parts with a cloth and keep it constantly wet with cold water until the pain ceases, or until Tar can be procured, then spread a large plaster of it over the injury, this will soon relieve the pain, if the part becomes sore it may be dressed with the elder salve or with a mixture of Salæراتus water and Sweet oil, this will soon cause it to heal. If it suppurates and discharges unhealthy matter, it should be poulticed with bread and milk, and a little Salæراتus, or a mush poultice or any thing of the kind, should the ulcer be very foul the poultice should be covered with the dregs of No. 6.

SWELLINGS.

When there is swellings and danger of suppuration, the part should be poulticed with Bread and Milk, with the addition of a little Salæراتus and Ginger, or Catnip, and Wheat Bran, stewed up in Salt, and Vinegar, &c. Renewing them when cool. Relieving other symptoms as necessary by a course of medicine or other means.

FINIS.

PLATE I.

DESCRIPTION OF

Plate I.

Front view of the posterior section of the Uterus at the first month of Pregnancy.

K. K. the Uterus as it appears at the second or third month of Pregnancy.

H. H. parts of the bladder.

G. the Vagina, with the cervix uteri depending on it.

The Fœtus is floating in the waters with the Placenta attached to the fundus uteri between K. and K.

PLATE II.

DESCRIPTION OF

Plate II.

A lateral view of the lumbar Regions, Pelvis, and Fetus, when labor has commenced.

C. E. and F. different forms of the Uterus before the discharge of the waters.

D. same after discharge.

H. os uteri opening before the sack of waters.

I. the Vagina.

K. the left nymphæ.

L. the left labia Pudendii.

M. part of the bladder.

N. the Anus.

O. P. the left hip and thigh.

E. the uterus, as in a pendulous abdomen.

F. the Uterus, in this case presses on the diaphragm and produces vomiting, difficult breathing, &c.



CONTENTS.

	<i>Page.</i>
AIR	7
“ Impure	7
“ of crowded assemblies	9
“ of cities	11
“ change of	12
“ night :	50
“ pure	14
Anatomy	59
Arolea	135
After Pains	202
Alarming Symptoms	208
Bandaging, &c.	25
Beds, damp	51
“ feather	51
Bladder	66
Bowels costive	243
Breech presentation	178
Charcoal, burning of	13
Clothing, quantity of	25

	<i>Page.</i>
Cleanliness, personal	27
Changes from heat to cold	47
Clothes, wet	49
Chewing tobacco	53
Compounds	245
Conception	122
" false	116
" anomalous	124
Conduct when called	173
Child	187
" dressing of the	190
Canker medicines	219
Course of medicine, &c.	225
Dress and season	24
Diseases of the organs	69
Dropsy of the ovaries	76
Deficiency of the organs	120
Directions for regulating the room	176
Descent of the head	183
Delivery of the head	185
Delivery, management after	201
Directions, general	238
Exercise	16
Emetic, No. 1,	231
" No. 2,	233
Fashion and Figure	24
Feet, wet	50
Fallopian tubes	64

	<i>Page.</i>
Fluor albus	70
Foot presentation	179
Food after course	237
“ for the child	193
Fœtus, second	192
Floodings	198
Food during a course	235
Hydatids	75
Hymen	82
Itch	30
Intercourse, sexual	39
Little waisted lady	30
Lacing, tight	32
“ remedy for	38
Ligaments of the uterus	64
Labor, signs of	170
“ natural	182
Lactation	202
Lobelia	207
Masturbation	40
Mensis	76
“ healthy discharge	77
“ duration of the	77
“ first appearance of the	78
“ irregular	81
“ painful	82
“ suppressed	85
“ irregular and frequent	86

	<i>Page.</i>
Mensis, unfrequent	88
" putrid or poisonous	90
" during pregnancy	134
Marriageable state	120
Meconium	191
Medicine, patent	43
Ovaries	65
" office of the	66
" use of the	69
" inflammation of the	114
Obstetrics, history of	153
" to whom it belongs	154
" definition of	155
Other means	241
Plants and trees	13
Pollution, self	40
" remedy	43
Pelvis	59
Presentation of the arm	179
" of the foot	179
Perinæum	185
Placenta	125
Placenta, removal of	194
Putting to bed	198, 201
Principles	203
Pregnancy, signs of	128
" first signs of	129
" first month of	131

	<i>Page.</i>
Pregnancy, second month of	134
" third month of	137
" fourth month of	138
" fifth month of	141
" sixth month of	144
" seventh month of	145
" eighth month of	148
" ninth month of	150
Polypus	71
Retroversion	73
Rupture of the membranes	184
Restoratives	223
Smoking tobacco	54
Structures peculiar to females	60
Strictures of the vagina	70
Symptoms during labor	180
Stimulation	213
Steaming	228
" when necessary	234
Tobacco	53
Tumors	75
Uterus	62
" changes of the	126
Umbilicus and placenta	125
Vagina	62
Womb, falling of the	93
" " cause of	98
" cramp of the	100

	<i>Page.</i>
Womb, inflammation of the	103
" scirrhus state of the	106
" cankered state of the	108
" dropsy of the	112
Ways and means	206
Why do women need aid in child birth	132, 155

COMPOUNDS.

No. 6,	245
Tincture of Lobelia	245
Nervine tincture	245
3d preparation	245
Composition powder	246
Nervine tonic	246
Cathartic powder	247
Astringent tonic	247
Anti dyspeptic powder	247
Sweating powder	248
Spiced bitters	248
Cough powder	248
Conserve of holly hock	249
Tea for children	249
Syrup for diarrhœa	249
Another	250
Cough syrup	250
Stimulating liniment	251
Remedy for neuralgia	252

	<i>Page.</i>
Common injection	252
Astringent injection	252
Wine bitters	251
Cathartic pills	252
Compound pills	253
Liver pills	253
Stimulating wash	254
Elder salve	254
Poultice	254
Burns and swellings	255

APPENDIX.

GENERAL REMARKS.

Why has the practice of midwifery been snatched from the hands of women, to whom it was at one time confided by public consent? Do they not possess all the requisites for so delicate and sacred an office? Are they deficient in intellect, that their rights should be usurped by the medical profession, who are determined to make the healing art, in all its branches, an odious monopoly? Look for a moment at Madame Boivin, the celebrated lecturer on midwifery in Paris, who superintended the delivery of more than twenty thousand women, and wrote a work on midwifery which is now quoted as authority by the medical faculty in Europe and America. If a woman is

capable of teaching the principles of midwifery, to large classes of students in the capital of France, surely those of her sex are competent to administer to each other's wants, and necessities in the hour of travail.

Apart from these considerations, however, why should a medical man wish to intrude himself, into the chamber of parturition, urging upon the poor deluded woman, the necessity of his attendance unless he is lost to common decency and propriety? During the latter part of the sixteenth century, popular feeling in Europe was so much opposed to this practice, that a physician in Hamburg, was publicly branded because he was induced by curiosity to be present at a delivery in female attire. But society has now changed and the refined and delicate sensibility which characterized a by gone age, has lost its influence upon the people of the present day, we have shown a disposition to go backwards in morals, and make a sacrifice of all that is dear to female delicacy. The iron hand of medical despotism has not only exercised its influence in the United States, but also in other countries. The Athenians actua-

ted by a low and grovelling spirit, enacted a law that women should not practice midwifery, but from the determination of those who were resolved to die rather than submit to exposure, the law was speedily repealed.

The Danish government on the other hand affords a bright example of moral excellence and purity in this respect, for it viewed the employment of *men midwives*, (as they are termed) as highly improper, and established schools for the instruction of women in the principles of midwifery.

Two centuries ago or thereabout the practice of midwifery, was chiefly confided to women, and was characterized by a great deal of simplicity. To give some idea upon this subject, I will make a few extracts from a work which was written about that time, by a physician in London and intended for the use of midwives. The writer says, "I have read many books with all the late writers on midwifery and I perceive that they all follow one common road taking their several schemes and figures one from another. In several of these schemes various things may be perceived, which will

be troublesome to the woman in labor, which a judicious practitioner will not follow." The writer then observes—"From mine and their directions, let midwives choose the best and easiest ways of relieving women in affliction; and to decide all dispute, let reason be the judge let experience argue the dubious points of practice and after a full debate, let unspotted truth record to succeeding times what is most fit to be followed and used."

The same writer makes the following appropriate observation. "Let midwives observe the ways and proceedings of nature for the production of her fruit on trees, or the ripening of walnuts, and almonds from their first knotting to the opening of the husks and falling of the nut; the green husk sticking so close that it is not possible to separate the husk from the shell, whilst it is unripe; but as the fruit ripeneth the husk droppeth and with a fissure openeth and by degrees separateth the fruit without any enforcement." Again he says—"an egg representeth the womb, the hen by keeping the egg warm doth breed the chicken,

which, when it comes to maturity doth break the shell, and is hatched without injury."

"These signatures may teach midwives patience and persuade them to let nature alone to perform her own work, and not to disquiet women by their struggling for such enforcement rather hinder the birth, than any way promote it, and often ruins the mother and usually the child. Let midwives know they are nature's servants."

The rules which were so beautifully inculcated by this writer, two centuries ago have been wholly disregarded in modern times; for now, instead of rendering nature the desired assistance, her efforts are paralyzed by the use of the lancet, and a host of mineral or vegetable poisons, and when the strength of the patient is exhausted, her child is dragged away by the murderous forceps or delivered by means of some dreadful operation, the fruit is not allowed to separate naturally from the husk, but is violently detached, and often withers and dies in common with the parent tree.

The medical faculty inculcate the doctrine, that it is extremely hazardous for a woman to

to pass through labor without being attended by a physician, but this is very far from the truth. Baudelocque exhibits a table of 17,303, pregnant women who were admitted into the lying in Hospital at Paris, and out of the whole number 17,038, were delivered without the assistance of art, in 49 cases the forceps were employed, and in 13, others the children were killed by the *preforator*.

Merriman in his synopsis, enumerates, 2,947 labors, which produced 2,988 children, some of them being twins, and in thirty instances only, were instruments employed, in 2,810 of the cases the head presented, which is always desirable. From these statements it will be seen, that out of 20,255 women, 19,995, were delivered without artificial assistance, leaving only 260, that were doomed to instrumental tortures. Dr. Gooch remarks: who ever engages in the practice of midwifery, must make up his mind to spend many a useless hour in the house of his patients, for if he is absent when the child is born, it will be thought he should be present, at all events, the patients are assured he has been of no service,

and will grudge him his fee, or perhaps not pay it at all."

But what is to be done, some one enquires?—Where it is necessary to make use of instruments, the answer is obvious, that if a woman is properly managed, there will be no occasion for instruments. Nature, if properly assisted, will be able to surmount every difficulty. This has been abundantly, satisfactorily tested in the reformed practice for the last fifteen or twenty years. It is very easy to render a labor tedious or difficult, by mal-treatment of the patient. Let her be bled, physicked and dosed with poison, and her constitutional power will soon be so much enfeebled, that the womb has not sufficient energy to expel the child, and then its skull is either perforated so as to extract its brains, or it is seized by the physician with a pair of forceps and dragged forcibly into the world. Copious flooding generally ensues and the mother, as well as the child, is frequently destroyed. I wish I could say that instances of this kind are rare, but *such is not the fact*, and it is time that the public should take this momentous subject into consideration, for of all the

departments of medicine, there is not one which calls so loudly for reform as that of midwifery.

Let a woman observe common prudence with regard to her health, and avoid the use of the lancet and all poisonous or pernicious drugs, and she will experience no difficulty in childbirth. This fact has been clearly demonstrated. The native women of Africa and America, for example, do not even employ midwives, so easy are their labors. Mr. Lawrence, in his lectures on Physiology and the Natural History of Man, observes, "The very easy labor of negroes, native Americans, and other women in the savage state, have been often noticed by travellers. This point is not explicable by any prerogative of the physical formation: for the pelvis is rather smaller in these dark colored races, than in the European and other white people. Simple diet and constant and laborious exertion, give to these children of nature a hardiness of constitution and exempt them from ills which afflict the indolent and luxurious females of civilized society. In the latter, however, the hardworking women of the lower classes in the country, often suffer as

little from child-birth, as those of any race.— Analogous differences, from like causes, may be seen in the animal kingdom. Cows kept in towns, and other animals deprived of healthful exercise, and accustomed to unnatural food and habits, often have difficult labors, and suffer much in parturition.”

In Lapland and other northern countries, where they do not interfere with the process of labor, the women enjoy a similar immunity from suffering.

Among the Araucanian Indians, says Stevenson, in his *Twenty Years' Residence in South America*, a mother, immediately on her delivery, takes her child, and going down to the nearest stream, washes herself and it, and returns to the usual labors of her station.

“The wonderful facility with which the Indian women bring forth their children,” say Lewis and Clark, in their well known journal, “seems rather some benevolent gift of nature, in exempting them from pains which their savage state would render doubly grievous, than any result of habit. One of the women who had been leading two of our pack horses, halted

at a rivulet about a mile behind and sent on the two horses by a female friend. On inquiring of one of the Indian men the cause of her detention, he answered with great appearance of unconcern, that she had just stopped to lie in, and would soon overtake us. In fact, we were astonished to see her in about an hour's time come on with her new born infant, and pass us on her way to the camp, apparently in perfect health." Washington Irving, in his work entitled *Astoria*, relates a similar incident in the following language: "The squaw of Pierro Dorion, (who, with her husband, was attached to a party travelling over the Rocky Mountains in the winter time, the ground being covered with several feet of snow,) was suddenly taken in labor, and enriched her husband with another child. As the fortitude and good conduct of the woman had gained for her the good will of the party, her situation caused concern and perplexity. Pierre, however, treated the matter as an occurrence that could soon be arranged, and need cause no delay. He remained by his wife in the camp with his other children and his horse, and promised soon to join the

main body on their march. In the course of the following morning, the Dorion family made its appearance. Pierre came trudging in advance, followed by his valued, though skeleton steed, on which was mounted the squaw with her new born infant in her arms, and her boy of two years old wrapped in a blanket and slung on her side. The mother looked as unconcerned as if nothing had happened to her, so easy is nature in her operations in the wilderness, when free from the enfeebling refinements of luxury, and the tampering appliances of art."

Among the hardy country women of Scotland, child-birth is equally devoid of danger or difficulty. Allison, in his principles of the criminal law of Scotland, cites the case of Catharine Butler, who, in the spring of 1829, two or three days after her delivery, walked from Inverary to Huntley, a distance of twenty-eight miles, in a single day, with her child on her back. He says: "It is not unusual to find women engaged in reaping, retire to a little distance, effect their delivery by themselves, return to their fellow laborers, and go on with their work the remainder of the day, without

any other change of appearance than looking a little paler and thinner." He further adds that instances have occurred in which women have walked six or eight miles on the very day of their delivery, without any sensible inconvenience.—*Matson's Practice.*

PREVENTIVES OF CONSUMPTION.

The prevention of Consumption is far more important than the cure, because more easy and effectual. It can always be kept at bay, however predisposed the patient.

First, then, some of its signs, that those predisposed may be on their guard.

They will generally be tall, slim, long fingered and limbed, spindling, small and narrow chested, inclined to sit and walk bent forward, and their shoulders thrown forwards and inwards, because their small lungs and stomachs cause a pectoral caving in, sunken between where the arms join the body, and to have a long neck, sunken cheeks, long faces, sharp features, a pallid countenance, light complexion, a thin, soft, and delicate skin, light and

fine hair, rather a hollow, exhausted, ghastly aspect, long and rounding finger nails, cold hands and feet, and general chilliness, wakefulness at night, great excitability, very active minds, clear thoughts, excellent natural abilities, intense feelings, rapidity of motion, and a hurried manner, liability to be fatigued, in short a manifest predominance of the mental temperament over the vital—of head, over body.

Yet I have seen those of full, fleshy habits, predisposed to quick consumption, though equally so, to all other local inflammations, and diseases, because their systems were exceedingly excitable.

The small lungs and hearts of those predisposed to this disease render their circulation imperfect.

To promote this, should then be the first end sought by them.

Whatever, therefore, tends to retard the flow of blood, especially at the surface, such as sedentary pursuits, confinement within doors, particularly in heated rooms, habitual sewing, a cramped and forward posture, severe mental

application, impure skin, sudden atmospheric changes, colds, and the like, should be avoided, whereas a light diet, fresh air, out of door pursuits, abundant sleep, vigorous exercise, warm climate, and free circulation tend to prevent it. Keep the skin clean and active, directions for which have already been given, and you are safe.

Hot drinks, especially tea and coffee, are also injurious, because they increase the liability to take colds, and fever the nervous system, already too excitable.

Exercise in the open air is especially beneficial, yet be very careful not to *overdo*—the great fault of consumptives, because their nerves are too active for their strength.

Alternate *rest* and *exercise* with abundance of *fresh air* are your best remedial agents.—Compared with them, medicines are powerless.

Added to general friction, let the chest be rubbed often, with the hand of a healthy and robust friend. Especially let mothers and nurses rub narrow chested children much.

The full and frequent inflation of the lungs is of great advantage, in this alone consists the

virtues of Rammages tube, yet such inflation can be effected better without than with any kind of tube.

Sit or stand straight, throw the arms back, and chest forward, and then draw in slowly as full a breath as possible, and hold it for some time, so as to force the air down into the extremities of all the air cells of the lungs, as well as to enlarge the lungs, and keep up this practice habitually, and consumption will pass you by. An erect posture is especially important, avoid wrapping forward and inward, which consumptives are apt to do—very detrimental because it cramps and impairs the vital apparatus, especially the lungs. Reading aloud, speaking, singing, vocal straining, &c., all right *exercise* of the lungs—will strengthen them, and thus keep the disease at bay, yet care should be taken not to exercise them to *exhaustion*.

Cuvier cured a consumptive predisposition by lecturing.

Sea voyages are much recommended, and also southern climates. Both, by promoting surface *circulation* and perspiration, are eminently beneficial. Yet if the same ends can be

obtained at home, (which they certainly can,) the effect will be the same, and all the evils incident to voyages, absence from home, exposures, &c., be avoided. Southern climates are even less favorable to consumptives than a northern, because of the rarefied state of the atmosphere, and consequent deficiency of oxygen—one of the main elements required by consumptives. Indeed I see not why inhaling oxygen gas perhaps somewhat diluted, would not prove eminently serviceable. And whatever (physiological course) will cure this [form of] disease, will prevent it, and the reverse.—*Fowlers' Physiology.*

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